



Elephant in The Room Q & A

Thunderbird HS
Spring 2023

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

Resources:

For additional resources, please visit bloom365.org/resources

BLOOM365 HelpLine	For free, confidential support: Text/Call: 1-888-606-HOPE (4673) Monday-Friday from 3PM-9PM (MST) To reach a specific advocate directly, please feel free to contact our HelpLine and tell us who you would like to speak to.
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)
Suicide Prevention Lifeline	1-800-273-TALK (8255)

***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: Are the boys getting taught this as well?

A: Yes! The other classes are being taught the exact same 7-Dose Bring Love Curriculum that we are teaching in your class! At bloom365, we believe our mission is for everyone, regardless of gender identity.

Q: You're so beautiful

A: This is a great example of a positive affirmation or a #BLOOMing compliment. Thank you for sharing it with us!

Q: Do late night drives count as therapy?

A: This is a great question! While late night drives can definitely be a therapeutic tool for coping with stress and engaging in self-care, they do not count as therapy. According to goodtherapy.org, "Therapy, also called psychotherapy or counseling, is the process of meeting with a therapist to resolve problematic behaviors, beliefs, feelings, relationship issues, and/or somatic responses (sensations in the body)." Therapy is an interactive process and can be very beneficial in supporting individuals, couples, and families in building stronger relationships or making positive changes that they wish to make—a process that goes beyond late night drives, solo or with friends. If you'd like to talk more about this, feel free to reach out to a BLOOM365 Advocate by calling/texting the HelpLine number listed above. We are here for you!

Q: How do I get more than one girl without them finding out

A: Two key components of healthy relationships are communication and honesty. It's also important to respect others' boundaries; if one person involved does want to be exclusive but the other person does not, that's a good time to have an honest conversation about boundaries and what each person's expectations are within the relationship (even if it's not a fully defined relationship yet). This is also true in friendships, family relationships, and all other relationships. We encourage you to treat others with respect, kindness, and all of the other qualities listed in the [Blooming flower](#). If you'd like to talk more about this, feel free to reach out to a BLOOM365 Advocate by calling/texting the number listed above.

Q: I cut my wrists because my dad makes me

A: We are so sorry that you are going through this at home. We are glad that you reached out and shared your experience with us. What you have experienced is not your fault and you deserve to live in a home where your mental, emotional, and physical safety is prioritized. Your safety is so important. We encourage you to reach out to a trusted adult in your life such as a teacher, school counselor or social worker, or other family member for support. Our advocates are also here to provide any support that

you may want or need, please feel free to reach out to us at our HelpLine information above. You are not alone.

Q: Y I don't have gf?

Related Q: I have no gf y no gf

A: Pursuing romantic relationships with others can be a difficult thing for some to explore. Take some time to look at the qualities in the [Blooming & Wilting Flowers](#) to help you identify the qualities in a romantic partner that are important to you!

Q: Is being slapped during an argument a sign of abuse?

Related Q: Is getting slapped a sign of abuse?

A: Using physical violence during an argument is abusive behavior that if left uninterrupted can lead to bigger patterns of abuse. No one deserves to be physically or verbally harmed during a disagreement. The [Wilting Flowers](#) and the [Red Flags Checklist](#) can be useful tools in determining if the relationship is abusive or unhealthy, be sure to pay extra attention to the bottom 5 red flags-- if one or more of these is occurring, the situation has a greater chance of becoming dangerous and we strongly encourage you to reach out for support. Please feel free to reach out to our advocates at the HelpLine information above if you'd like to talk more about this or access support. We are here for you!

Q: I would like to say I have been made fun of because I say I like someone

A: We're sorry to hear that you are experiencing this. Being made fun of for sharing how we feel can bring up feelings of shame or guilt. We hope that there are people in your life who you feel safe and comfortable sharing your feelings with!

Q: How do I deal with arguments and problems (pet peeves)

A: Using conflict resolution skills such as "I" statements can be a supportive tool in navigating arguments and problems with others. This can look like saying something like, "I feel (blank) when you (engage in certain behavior), can we talk about this?" rather than saying something like, "Why are you doing this?" 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. Utilizing techniques such as these and other coping strategies can be supportive in navigating conflicts and pet peeves.

Q: Hello this was a good day

Related Q: Hi this was a cool class! Thank you

A: Thank you for the nice words! We're so glad that you had a good day and enjoyed our class! :)

Q: The snack that smiles back

A: Goldfish! 🐟

Q: Thank you for teaching this to us :)

A: Thank you for sharing kind words with us! We are so happy to share this information with you all. :)

Q: How do I know if my friend is gay?

A: The only way to really know someone's sexual orientation is to have that information disclosed to you directly by that person. Despite common stereotypes and misunderstanding of the LGBTQ community, there isn't a checklist or "radar" that can determine what a person's sexual orientation or gender identity is. But when we ally together to address harmful stereotypes and create safe spaces such as those created by [onenten](#), we can nurture environments where everyone feels comfortable to share their identities with others.

Q: I would like a text. I may not answer right away but I really do want someone to talk to when I'm feeling down

A: Our advocates are definitely here to offer a listening ear and any support you may want or need! You are always free to answer in your own time. You can reach out to us during our HelpLine number during our working hours at the information above. We are here for you!

Q: I don't have empathy for people.

A: Being honest about where we may have limitations is an awesome tool of self-reflection. Thank you for sharing this with us. Our ability to feel and express empathy is unique to each person and can be influenced by different factors. Empathy is a skill not an innate personal trait and as with any skill, with time and practice, we can deepen our ability to feel empathy for others.

Q: How would you get someone help if they are unwilling to seek it?

A: Witnessing someone that we love and care for go through a difficult time can be an overwhelming and scary experience. We cannot make people get help if they do not want to, but we can do everything in our power to help our loved ones feel supported. Sometimes our loved ones are not ready to accept the help we would like to offer them. The most important thing we can do is to let them 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. You can also encourage them to reach out to a trusted adult such as the school social worker or a BLOOM365 Advocate or any of the advocates from the hotlines listed above.

Q: What are the statistics/chances of someone actually killing themselves when using it as a threat

A: There is not a lot of data readily available to show how likely someone is to go through with threats of suicide or self harm. However, when anyone makes threats or actually follows through with hurting themselves or others, it is very important to take these threats and actions seriously. Someone threatening to kill you or themselves if you end the relationship is one of the Top 5 Red Flags that increases your risk of being seriously hurt or even killed. In a situation where someone is threatening to or has already hurt themselves or someone else, the best thing to do is call 911. We encourage anyone in this situation to talk to a trusted adult such as a school counselor or social worker, a parent or teacher, or a BLOOM365 advocate for additional support.

Q: Can I stop having red flags and be the best boyfriend I can be?

A: Absolutely! Toxic and other harmful 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: What if a person that is not a bf/gf is taking a toll on your mental health

A: While our content may specifically address concerns in romantic relationships, the information we share can be applied to any relationships we have in our lives including friendships, family, and even academic or professional relationships. If you find yourself feeling drained or having your mental health be negatively impacted from being close with another person, it could be helpful to take some time to think about your boundaries and how you can best protect and communicate those with that person. You can use "I" statements to talk with this person or you can take space if that is what feels best. Your mental health is so important and we encourage you to find ways to care for yourself. If you'd like to talk more about this or receive additional support, you can reach out to our advocates at the HelpLine information listed above.

Q: How do I move on from something traumatic in the past, do I forgive the person/people who ruined my childhood

A: Healing from traumatic experiences is a journey that will look different for each person - your healing journey will look different than someone else's and vice versa. Forgiveness can also be different from person to person and is a choice that only you can make for yourself. Processing traumatic experiences and figuring out forgiveness can bring up a lot of intense feelings. Connecting with a trusted professional such as a counselor or advocate or other trusted adults and using coping strategies such as journaling could be supportive tools. We encourage you to take some time to find what works best for you and know that our advocates are here to offer any support you may need.

Q: How are you supposed to go to a trusted adult when you don't have any/have trust issues

A: Knowing who to reach out to and asking for support can be a scary and overwhelming thing to do. We are glad that you reached out. It can feel hard to identify and/or reach out to trusted people in our lives when we are experiencing trust issues. Writing down what we're feeling and experiencing and sharing that with a trusted adult is any person that you feel comfortable talking to such as a family member or school counselor can make reaching out for support easier to do. Our BLOOM365 advocates are here to offer any support you may want and we encourage you to reach out to us via call, text, or web chat at the contact information above.

Q: Where are some good places for therapy

A: There are a few options for accessing therapy as a minor. BLOOM365 has counseling services available free of charge (*parental/guardian consent is required to start therapy for participants under 18 unless you are legally emancipated or homeless). If you would like to know more information about our counseling services, you can fill out this [inquiry form](#). Teen Lifeline provides a call and text crisis line that you can also reach out to for additional resources. You can reach them by phone or text 1-800-248-8336 (TEEN). We hope you are able to find a resource that works best for you! If you'd like to talk through these resources or additional information, feel free to reach out to a BLOOM365 Advocate on our HelpLine or in school after the Doses.

Q: My dad died

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. We hope that you have supportive people in your life that you can lean on during this time 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: Is it okay to never forgive your abuser?

A: Choosing to forgive or not forgive an abuser is a personal choice that is unique and specific to each survivor. Figuring out our personal feelings about forgiveness can bring up overwhelming feelings. It can be helpful to take some time to process your feelings using coping skills like journaling or talking with a trusted person or advocate. Advocates at organizations such as RAINN and BLOOM365 can offer support as you navigate this complex decision. You can reach out to an advocate at the contact information above.

Q: How do I help my verbally abused friend?

A: Understanding the barriers to leaving an abusive relationship (fear, love, dependency, and insecurity) is important to supporting a friend who is experiencing abuse. Think of these barriers as hooks. It's not easy to unhook them all at once and it can be difficult to leave an abusive relationship, especially when there is hope that the abuser will change or eventually stop. It's 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. You can also tear out the extra red flag checklist on page 41 in your workbook and talk to your friend about why you are concerned.

Sometimes it can take more than one conversation to really get through to a friend who is experiencing abuse. Checking in and making sure they know you are there for them even after the initial conversation is a great option. 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 or your friend would like to talk more about this, our advocates are here to support. Please feel free to reach out to us at the HelpLine information above. We are here for you!

Q: I would like more information about the free counseling

A: Thank you for reaching out and we are so glad you did. Accessing help and support can be a really scary thing to do. BLOOM365 has counseling services available free of charge (*parental/guardian

consent is required to start therapy for participants under 18 unless you are legally emancipated or homeless). If you would like to know more information about our counseling services, you can fill out this [inquiry form](#) and one of our team members will reach out to you with additional information.

Q: How can you let someone know your feeling depressed without feeling that your being a burden to them?

A: Sharing about our experiences with mental health with others, especially those we are close with, can be a difficult and vulnerable thing to do. This may feel hard to believe in the moment but your feelings, experiences, and mental health are so important. There are people who care for you and want to support you including our advocates. Talking with someone who is not close to the situation (such as an advocate) or writing down how you're feeling and what you want to say can be helpful in getting more comfortable with sharing how you're feeling. We encourage you to reach out to the trusted people in your life about your feelings of depression and please know you can always reach out to advocates at bloom365 or Teen LifeLine for additional support. You can find us at the contact information above. You are not alone!

Q: I want to be myself. I can't do that anymore

A: We are so sorry to hear that you are feeling as though you can't be yourself. Being able to express ourselves authentically and be who we are is an important part of having autonomy. We hope that you are able to find ways to express yourself that is safe and accessible to you such as listening to your favorite music, finding a hobby that brings you joy, or talking with a close friend who makes you feel seen and heard. Who you are is so important and we are glad you're here!

Q: How do you stop flinching from past abuse? Why do I smile or laugh in stressful/sensitive/uncomfortable situations?

A: How people respond to traumatic experiences and other uncomfortable situations is so varied. Everyone's reactions will be different due to their unique experiences, personality, and coping strategies. There is no one way to react to things however if we find that our reactions are unhealthy, it might be helpful to take some time to understand these reactions and explore new ones that are healthier for us. Talking with a professional such as a counselor or advocate or another trusted person can help in processing your reactions and finding coping strategies that work for you. If you'd like to explore or talk about this more, please feel free to reach out to us at our HelpLine information above. We are here to support you!

Q: If I am mentally ill or have low self-esteem should I avoid seeking out a relationship?

A: Experiencing mental illness or having low self esteem does not mean that someone is not able to handle a relationship. However, when these experiences are left unchecked and not managed in a healthy way, they can make navigating a healthy relationship difficult. However when these concerns are addressed and managed with support and healthy coping strategies, a person with mental illness or low esteem can pursue happy and healthy relationships. If you would like to talk more about this or explore resources for managing these, please reach out to our advocates at our HelpLine by text, phone, or chat listed above.

Q: What do you do when your parents hurt each other and you + your siblings?

A: We are sorry to hear that you and your siblings are experiencing this. We are really glad you reached out. Living at home in a violent environment can be a traumatic and isolating experience. We encourage you to reach out to any trusted adults that you have in your family, school, or community. They will be able to support you in figuring out the safest way to address your parent's behaviors in a way that will protect the safety of you and your siblings. If reaching out to a trusted adult is not available to you, you can also reach out to advocates at bloom365 or the National Domestic Violence Hotline for additional support in navigating this tough situation. You are not alone and there is support available!

Q: How do I help my friend get out of a relationship when she get hit.

A: Witnessing a friend go through dating violence can be a scary thing and it can bring up feelings of helplessness. Understanding why leaving an abusive relationship can be difficult for a survivor can be helpful in figuring out the best ways to support your friend. Barriers such as fear, love, dependency, and insecurity can be seen as hooks - it's not easy to unhook them all at once and we understand that it can be difficult to leave an abusive relationship, especially when we have hope that the abuser will change or eventually stop. It's 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" or the extra red flag checklist on page 41 to start a conversation with your friend about why you are concerned.

Sometimes our friends are not ready to accept the help we would like to offer them and we cannot force someone to get help if they don't want to. But we can do everything in our power to help our friends feel supported. Reminding your friend that you are there for her, making sure that she is safe, and letting her know that isn't alone can be so supportive and life changing. We encourage you and your friend to reach out to our advocates if you'd like additional support in supporting your friend through this abusive relationship. We are here for you both!

Q: I think your nice to help us, so thank you

A: Thank you so much for the blooming words! We are so happy to share this information with you all. :)

Q: What does the + in LGBTQ+ mean?

A: The + in LGBTQ represents other sexual and gender identities that are not covered in the first five initials. This can include people who are Two-Spirit/2S, asexual, or gender non-conforming. This [helpful resource](#) provides more in-depth information about the meaning of the LGBTQ+ acronym.

Q: How do I stop my girlfriend from asking for sex. And sexually abusing me!

A: We are so sorry to hear that your girlfriend is treating you this way. What you are experiencing is not your fault. 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. You are deserving of a relationship where your autonomy and boundaries are respected. If a partner is pressuring you or doing any sexual act to you with your consent, it's a sign that you're in an unhealthy relationship. If you feel comfortable doing so, we really encourage you to reach out to an advocate from bloom365 or the National Sexual Assault Helpline for support in processing your experiences and navigating how to interact with your girlfriend. Your safety is so important and we are here for you.

Q: I think my friend next to me is gay

A: The only way to really know someone's sexual orientation is to have that information disclosed to you directly by that person. Despite common stereotypes and misunderstanding of the LGBTQ community, there isn't a checklist or "radar" that can determine what a person's sexual orientation or gender identity is. But when we ally together to address harmful stereotypes and create safe spaces such as those created by [onenten](#), we can nurture environments where everyone feels comfortable to share their identities with others.

Q: I don't feel safe around older men. My moms boyfriend hits her and my dad hits me

A: We are so sorry to hear that you are experiencing violence at home. We can understand why these traumatic experiences would make you feel unsafe and we are glad that you reached out. If there are trusted adults in your life who you feel comfortable talking to such as a school counselor or social worker or a family member who isn't your mom or dad, we encourage you to reach out to them about what you're going through. They will be able to support you in figuring out the most safe and healing way to address the situations you're going through. Our advocates are also here to be trusted adults and you can always reach out to us for further support or resources whether it is safety planning or mental/emotional support. You are not alone, our advocates are a text/phone call/or chat away and you can find us at the HelpLine information above.

Q: How do you stop blaming yourself for someone who OD'ed

A: Losing a person you care about is a really heavy experience, especially when you lose someone in a traumatic way such as an overdose. Topics such as substance abuse and overdose can carry a lot of stigma that can make it difficult for those with those experiences to talk about it. Reaching out and sharing what you're feeling with another person is a brave step in working through the grief process. We would like to share this [wonderful resource](#) that provides information about coping with the death of a close person to overdose. We encourage anyone who is coping with losing a close person to overdose to explore this resource and reach out to trusted people such as friends, family, and professionals like a counselor for support in navigating such an intense loss. You are not alone and there are people out there who want to support you!

Q: My girlfriend swings on me but I lowkey mess with it

A: Everyone reacts differently to situations and we want to validate your reactions to your girlfriend's behavior but we also want to gently remind you that physical violence is an unhealthy reaction to have and can be a symptom of an abusive or unhealthy relationship. No matter what may occur within your relationship, you deserve to be treated with dignity and respect. We encourage you to take some time to go over the [Red Flags Checklist](#) and pay special attention to the bottom 5 red flags. If you find that any of those flags apply to you this means the situation has a greater chance of becoming dangerous and we strongly encourage you to reach out to a bloom365 advocate for support at the HelpLine information listed in the chart above. We are here for you!

Q: So basically my girl said she doesn't like me so should I cheat or nah

A: It can feel confusing and devastating to learn that your partner doesn't like you in the same ways that you like them. Honest and open communication can be a blooming flower within a relationship but can also be wilting when used in an unkind way. It might be helpful to take a moment or two to look at the [Blooming & Wilting Flowers](#) to determine if your relationship is a blooming one that you'd like to continue. Talking about how you are feeling with someone that you trust can be useful in processing how you are feeling. Our advocates are here to listen and offer support if you'd like to talk more about this, please feel free to reach out to us at the HelpLine information above.

Q: Am I allowed to have sex at 15

A: In Arizona, the age of consent is 18 which means that minors cannot legally consent to sex with an adult under Arizona law. There are some stipulations, usually referred to as Romeo and Juliet Laws, that apply if both parties are minors and are no more than two years apart (if a couple is 15 and 17 or 16 and 18). Making the decision to have sex is an important one and there are a lot of things to consider, we encourage you to reach out to a trusted adult to talk more about this.

Q: Is being emo ok?

A: There are so many different aesthetics and fashions that people use to express themselves. All that matters is that you feel amazing and confident!

Q: I have been sexually harassed online. I don't know how to deal with it

A: We are so sorry to hear that you are experiencing online harassment. What has happened is not your fault and you have done nothing to deserve this. We are glad that you reached out to us and shared your experience with us. Being able to talk about our experiences can help us to better understand and process them in ways that are healing. We encourage you to reach out to an advocate from RAINN or bloom365 to receive free non-judgemental support and resources for navigating such a traumatic experience. We are here for you!

Q: What if my money game wack, and I'm a brokey

A: Your worth as a person is not tied to how much money you make or have. You are important and worthy because of who you are!

Q: My friend asked if it's ok to date his sister if you can text me

A: This sounds like a confusing situation to navigate. Definitely feel free to reach out to us via our HelpLine information above if you'd like to talk more about this!

Q: I love this class sm I'm sad it's ending 😞

A: We are so glad to hear that you enjoyed this class! You can always stay connected with us to continue the conversation on our [website](#), [Instagram](#), or [TikTok](#). :)

Q: This class helped me understand things I didn't know

A: That is our hope in facilitating these classes and we are so glad to be able to share this with you and expand your knowledge!

Q: How to get a girl?

A: This question is a bit outside of our expertise but we will try our best to answer! There is nothing wrong with wanting or pursuing a romantic relationship. Something that can be helpful in pursuing relationships is to take some time to consider what green and red flags are important to you. By identifying what you hold important in relationships and from a partner, it can make finding a relationship that is compatible with you a bit less intimidating. You can also take a look at the [Blooming & Wilting Flowers](#) to determine what is important to you.

Q: my girl just broke up with me and idk what to do

A: Losing someone you had a good connection with can be very painful. Especially if we have known that person for a really long time and/or had history with them. While ending a close relationship can be tough, it can be a great time for self-evaluation and growth. Finding ways to cope can be really helpful. For example: Spending time with the people you love, writing in a journal, yoga, joining a new sports team or club, or simply going for a walk. 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 always want to hangout with my girlfriend is that a red flag?

A: Wanting to spend time with someone that you enjoy is not necessarily a red flag or a bad thing. It can be normal to want to hangout and spend most of your time with a romantic partner. However, when wanting to hangout all the time hinders you or your partner from spending time with others or is based on jealousy and control, those can lead to blooming flowers that when left unchecked could transform into controlling or abusive behavior. If you find that things are [more wilting than blooming](#), it could be helpful to talk about this with a trusted adult such as a bloom365 advocate. Our advocates are available via our HelpLine to talk more and provide resources, you can find us at the information above!

Q: What should I do if my guy friend is texting me sexual stuff and even if I tell him to stop he won't?

A: We are sorry to hear that you are experiencing this from someone that you consider a friend. You have done nothing wrong and have stated your boundaries clearly. Saying no should be as simple as just, well, saying no. In reality, you might feel pressured, guilty, manipulated, or coerced when you say no. You deserve to have your boundaries respected. If your friend's behavior does not change despite you stating your boundaries or if his behavior is making you feel unsafe and uncomfortable, it might be worth it to take some time to consider whether this friendship is one that you want to keep. Even when there may be valid reasons to do so, ending or considering ending a friendship can be a tough decision to make and it can be helpful to process your feelings with someone that you trust. If you'd like to talk more about this, our advocates are here to listen and support you. You can reach out to our HelpLine at the information above. We are here for you!

Q: Everyone around me blooms, but I am frozen. Always left in the dust. I am stuck. My mind works against me, I am my own bully. “Ugly” “failure” “you ruin everything” you have to be yourself, because no one else wants to be you.

A: Thank you for being vulnerable with us and sharing your thoughts and feelings. It sounds like you are carrying a lot of intense emotions and we are sorry to hear that you are feeling this way. Feeling heavy emotions such as self-doubt, sadness, and negative self-talk can be an extremely overwhelming and isolating experience. If you are experiencing depression or extreme feelings of loneliness, sadness, or despair, please know that help is available. Some signs of depression include: loss of interest in activities previously enjoyed, withdrawal from friends/family, sleeping too little or in excessive amounts, and sometimes more drastic changes in behavior. If these symptoms are present for most of the day over more than two weeks, this may be a sign that it’s more serious than just feeling sad.

We do work alongside a few organizations that specifically help youth experiencing depression, including Teen Lifeline and the Suicide Prevention Lifeline. You can contact them at the numbers above for additional support relating to depression. School social workers and counselors are also a great source for information on dealing with depression and other intense feelings. BLOOM365 Advocates are also available at the number above if you’d like additional support or resources. You are not alone!

Q: How can you feel more confident when it comes to reaching out for help?

A: Reaching out for help can take a lot of vulnerability and is not an easy thing to do. Feelings such as embarrassment, guilt, or shame can be barriers that make accessing support from others difficult. Writing down how we’re feeling first then sharing it, talking first with someone who isn’t close to you or a situation, and even saying how you feel out loud are tools that can help in becoming more confident and comfortable with reaching out for help. With time and practice, reaching out can become an easier thing to do! Our advocates are always here via our HelpLine if you’d like an anonymous and empathetic ear.

Q: My friends make fun of my opinions, I think it’s friendly but it hurts my feelings. What do I do?

A: It can hurt when we feel made fun of or dismissed by our friends. Addressing our feelings honestly with our friends using open and honest communication tools can be helpful in creating a better understanding between you all. This can look like using “I” statements such as “I feel hurt when you make fun of my opinions. These friendships are really important to me, can we talk more about this?” Communicating using “I” statements 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. Conflict may arise in friendships and finding effective ways to communicate through it can be a helpful tool in healthy, long lasting friendships!

Q: How do I fix something that I accidentally did but they won’t listen do I leave or try and make them listen? Is this healthy when my partner gets jealous when I talk to some but I just wanted something back they took from me.

A: It can feel confusing to determine how to move forward in a conflict when it feels that the other party isn’t open to listening or seeing your perspective. Besides using healthy communication tools such as “I”

statements and letting the other person know that you are here to talk it out, ultimately there is not a lot we can do to get someone to listen to us or consider another perspective. In the meantime, it could be helpful to look at the [Wilting Flowers](#) to determine if your partner's jealous behavior tends to reflect any of the leaves presented. While jealousy is a normal human emotion it can become unhealthy or abusive when it is possessive, obsessive or controlling or other wilting characteristics. You do not have to process this alone - if you'd like to talk more about this, our advocates are here to listen and offer any support that may be helpful to you. Please feel free reach out to us via the HelpLine!

Q: I feel like everyone in this class hates me and I don't know why. Should I change?

A: We are sorry to hear that you are feeling this way. You deserve to feel accepted and included at school. When we feel that others dislike us, it can bring up a lot of feelings of insecurity and isolation that can lead us to feel as though something is wrong with who we are. Journaling, talking with a trusted friend or person, and/or spending time with the people who make you feel loved and accepted can be supportive ways to process these feelings and not internalize them. While these feelings can be so intense and loud and make it hard to believe this, who you are is important and deserving of respect! If you would like to talk or process this more, our advocates are here to help. You can always reach out to us at the HelpLine information above!

Q: How can I lose my toxicness?

A: 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: my girlfriend always yells at me

A: We are sorry to hear that you are experiencing this with your girlfriend. You deserve to be in a romantic relationship where you feel affirmed, respected, and safe. A tool that we can use if we are ever concerned that the relationship might be unhealthy is to determine if that person is being caring or controlling. Do I feel free and equal in this relationship or is my partner holding the power? Another helpful tool to determine if a relationship is abusive is the [red flags checklist](#). Be sure to pay extra attention to the bottom 5 red flags-- if one or more of these is occurring, the situation has a greater chance of becoming dangerous and we strongly encourage you to reach out for support. Our advocates are here for you, please feel free to reach out to us at our HelpLine information above if you'd like to talk more about this.

Q: Why do I never feel good enough? How do I feel good enough?

You are not alone in feeling this way. Feeling good enough about yourself can take time and may not be easy at first. Learning how to develop good self-esteem is the first step. Self-esteem and learning to feel

good enough will involve the thoughts, feelings and opinions you have about yourself. This means it can change, depending on the way we think. Once you are aware of how you feel and think, you can begin to change the way you think. Changing the way you think about yourself changes the way you feel about yourself.

Q: Can I join BLOOM365?

We love for students to join BLOOM365 to help education, advocate and raise awareness in their school. Students have the opportunity to become part of our Peer Advocate Crew. BLOOM365 creates trainings to help Peer Advocates know how to respond and support other students. There are paid positions to become a Lead Peer Advocate for your school. The paid position involves filling out an application and completing an interview with one of your BLOOM365 staff. For more information on how to become a Lead Peer Advocate or part of our Peer Advocate Crew for your school, go to <https://www.bloom365.org/activate>.

Q: I'm too toxic please help me be better

Thank you for being brave enough to recognize your behavior and seeking to be better. Looking at one's harmful behavior helps make the change to see in themselves, as well as helping in having more healthy relationships. Seeking help from a counselor, social worker, advocate or other trusted adult can be helpful in identifying ways to change any toxic behavior and learning positively to replace those behaviors. BLOOM 365's advocates can help find ways to overcome toxic behavior and feel better about yourself. We encourage you to reach out to the Helpline for information or to talk with an advocate more.

Q: People like to spread rumors about me and idk how to fix it should I get help? Or deal with it

Being on the receiving end of rumors or gossip can be an alienating experience. We are sorry to hear that you are going through this. You deserve to feel welcomed and valued at school. If it feels safe to do so, sometimes addressing the person or people addressing rumors directly using conflict resolution skills such as direct communication and "I" statements can help to ease conflict. This can 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?"

There are situations where addressing rumors or gossip directly isn't safe for the person impacted by the rumor to do. In cases like those, it could be better to reach out to a trusted person such as a friend, school support staff, or advocate about what you're experiencing. Getting help from those you trust can provide you with support and resources that can be supportive in navigating this situation. You are not alone and there are people who are here to support you including our advocates!

Q: How can I get better help with bloom365

A: BLOOM365 offers a variety of resources including advocacy and counseling. Our counseling services are available free of charge (*parental/guardian consent is required to start therapy for participants under 18 unless you are legally emancipated or homeless). If you would like to know more information about our counseling services, you can fill out this [inquiry form](#). To access or learn more about our

advocacy services, please feel free to reach out to our Helpline advocates at the information above for additional information!

Q: I'm giving up cuz my dad is gone

A: We are really sorry to hear about your dad. We send our deepest condolences to you and your family. Grieving the loss of someone that you love is a difficult experience to navigate and it can be hard to reach out to others, especially when you aren't doing well. Reaching out and sharing what you're feeling with another person is a brave step in working through the grief process. If you are having thoughts of suicide, we strongly encourage you to reach out to a trusted person immediately. This could be a friend, family, and professionals like a counselor. Your safety and wellbeing is so important and there are people who can support you for navigating loss and the intense feelings it can bring. You are not alone and there are people out there who want to support you.

Q: I really want to kill myself in very brutal ways or in calm ways

A: We are sorry to hear that you are feeling this way. Thank you for reaching out and sharing this with us. We strongly encourage you to immediately reach out to a trusted adult if you are having thoughts of suicide or have an active plan to commit suicide. This can be a school social worker or counselor, family member, an advocate from bloom365 or Suicide Prevention Lifeline. We can offer you an empathetic ear and other resources that can help you. You do not have to go through this alone- there are people and support here to help you. We care a lot about you and your wellbeing!

Q: My ex boyfriend was holding hands w/ the girl he told me not to worry about and he looked so much happier with her than he ever did with me. This sucks because he was the best I ever had and I feel like he doesn't care about what we had. Now I feel more alone than ever. I need help. But at the same time I saw my ex laughing with the guy who sexually assaulted me when he had been the first person I told

A: This sounds like such a confusing and hurtful situation, we're sorry to hear that you're going through this with your ex boyfriend. We're also sorry to hear about the sexual trauma you experienced. You did nothing wrong and it was so brave of you to share that experience with your ex. Sharing a traumatic experience can be a really hard thing to do and it can be more traumatizing when it feels as though the person you told doesn't affirm or understand what you experienced. A breakup can be a painful experience and can feel even more difficult to process when there are additional feelings of betrayal or confusion. These can be intense feelings to process on your own and if you would like someone to talk to or support in processing these experiences, advocates from BLOOM365 and the National Sexual Assault Hotline are here for you. We encourage you to reach out to us at the contact information above - you are not alone!

Q: What do I do if someone (ex) is lying about me sending nudes to them?

A: It can feel frustrating and sometimes violating to have lies be spread about you, especially from someone that you know and trusted. If it is possible and safe to do so, addressing conflict directly with the other person using healthy communication skills can be a useful tool in mediating conflict and expressing your boundaries. This could look like saying, "I feel (insert emotion) when you spread lies

about me, I would appreciate it if (insert boundary). If it is not safe to do so or if things do not change after communicating with the other person, it might be helpful to consider whether continuing a connection with this person is something you want to do and what it may look like to remove this person from your space. This can be a hard thing to process and if you'd like to talk more about this, you can reach out to our HelpLine advocates at the information above!

Q: I hate myself and can't stop comparing myself to others. I wish I was better

A: We're sorry to hear that you are feeling like this. Having a healthy relationship with ourselves and not comparing ourselves to others is not an easy thing to do and can sometimes take awhile to do. You are not alone in feeling this way. A lot of times our society focuses on the things we are insecure about and things we wish we could change about ourselves. While it may feel difficult to do, taking time to honor the things we like or love about ourselves can be helpful in building a more loving relationship with ourselves. This could be listening to music that makes you feel happy, participating in activities that give you joy, or writing down the aspects of yourself that bring you pride. Sometimes doing these things may not feel like enough to help with the negative feelings we may have of ourselves and we encourage you to reach out to a trusted person and/or professional about how you're feeling. They'll be able to provide you with an empathetic ear and resources to help you in building a loving healthy relationship to yourself. With support, time, and intention you can reframe the negative feelings you may have about yourself.

Q: My life is hard I'm thinking about going down the of suicide but I'm scared

A: We are sorry to hear that life is hard for you right now. Thank you for reaching out and sharing this with us. We strongly encourage you to immediately reach out to a trusted adult if you are having thoughts of suicide or have an active plan to commit suicide. This can be a school social worker or counselor, family member, an advocate from bloom365 or Suicide Prevention Lifeline. We can offer you an empathetic ear and other resources that can help you. You do not have to go through this alone- there are people and support here to help you. We care a lot about you and your wellbeing!

Q: What is national rape day?

A: We are not aware of any "national rape day" but we are huge supporters of National Sexual Assault Awareness Month which is in April. This month is an opportunity for advocates, survivors, and other change makers to bring awareness, education, and prevent sexual violence in our communities. To learn more, you can follow [this link here](#) and/or follow BLOOM365 on our social media account for additional information.