



Elephant in The Room Q & A

DVSSP Washington High School

May 2023

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

Resources:

For additional resources, please visit bloom365.org/resources

<p>BLOOM365 LEVEL Line</p>	<p>For free, confidential support: Text/Call: 1-888-606-HOPE (4673) Monday-Friday from 5PM-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>Domestic Violence Services of Southwestern PA (DVSSP)</p>	<p>24/7 Hotline www.peacefromdv.org/hotline WASHINGTON COUNTY: 800-791-4000 or 724-223-9190 GREENE COUNTY: 724-852-2463 FAYETTE COUNTY: 724-439-9500</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 there any advice you would give someone struggling with sexual assault flashbacks and triggers?

A: Reaching out and seeking support as a survivor of sexual assault can be a hard thing to do and we honor the bravery of any survivor who reaches out. Navigating an experience that is so deeply personal and challenging can be difficult to do on your own and we are super glad when a survivor feels safe enough to for support. Everyone's journey of healing is different, and the journey can even look different over time. Some individuals find that engaging in self-care or talking to a counselor/therapist/social worker can be helpful in processing an experience like sexual assault. Sometimes it can be helpful to find outlets that help us to feel safe or more at peace; this could be spending time with friends or loved ones, engaging in an activity like yoga or taking an art class, journaling, or even creating playlists to listen to are all activities that can be helpful in processing tough emotions such as flashbacks or triggers. We encourage survivors to try some of these ideas or other ones that might be of interest and to find what feels best for them. If you'd like to talk more about this or any other questions that might come up, feel free to reach out to a DVSSP or BLOOM365 Advocate at the numbers listed above. We are here for you!

Q: What do you do when you have to deal with having an aunt and when she gets drunk she starts to get violent because of her health program being bipolar and schizophrenic?

A: Navigating family members who exhibit violent behavior can be a challenging environment to navigate. While mental disorders such as schizophrenia, bipolar disorder, substance misuse can have an impact on a person's mental state or behavior there is never an acceptable reason to be abusive towards anyone, even your own family.

If you or someone you know is experiencing this, we want you to know that we are here to support you and you are not alone. If you're comfortable, we encourage you to talk to a trusted adult about what's going on so that you can get some additional support in the situation. You can also reach out to a BLOOM365 or DVSSP Advocate to talk more about a specific situation or any additional questions you might have. It can also be helpful to try spending time practicing self-care; this might include taking a walk outside, spending time with friends or loved ones that make you feel safe and cherished, engaging in an art activity or physical activity, or even journaling to process big emotions or situations as they come up. If you feel that a situation is unsafe or that you could be in danger, we encourage you to contact a trusted adult or 911 as soon as you can. Your safety is important, please feel free to reach out to the numbers listed above for more support, we are here for you!

Q: How can we limit glorified abuse in the media?

A: What an important question to think about. Media of all kinds can express larger societal or cultural ideas which can definitely have an impact on our perception of ourselves and others. With media being such a huge presence in our daily lives, it can seem intimidating to figure out how to address the negative images or messages that we consume through media but there are things we can do to address these issues. Engaging in honest and productive conversations about what glorifying abuse in the media looks like and raising awareness about its impact can be an important step in breaking down some of these unhealthy ideas within ourselves, our friends, family, and communities. Creating healthy boundaries around what type and how much of a particular type of media you consume can help to lessen the impact of negative media and promote healthier ways of caring for ourselves. With time, commitment, and patience we can address these issues that seem big and support new types of media making that promotes healthy relationships!