



# Elephant in The Room Q & A

Sunland Elementary School  
Spring 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 LEVEL Line</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: Can people change**

**A:** Of course! 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. With commitment, intention, and additional support - it is possible to change wilting behaviors into blooming ones!

**Q: When you get help with a teacher that they can help you.**

**A:** Absolutely! Teachers care about you and your wellbeing is important to them - they want to help you!

**Q: I always feel left out. Feel like they don't like me. Only one friend understand. Feel like they keep secret.**

**A:** We are sorry to hear that you are feeling this way within your friendships. If you feel comfortable doing so, you could use "I" statements to let your friends know how their behavior makes you feel. Your friends 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 friends' behavior doesn't change despite you telling them how you feel, you may want to take some time to think about whether these friendships are ones that are ones you'd like to continue. If you'd like to talk more about this, our advocates are here to listen! You can reach out to us via our LEVEL Line at the information above.

**Q: Your so pretty black shirt!!!**

**A:** Aw thank you for this blooming compliment! :)

**Q: Where can I get the elephant?**

**A:** The elephant is pretty cute! Unfortunately we currently don't sell the elephant but we are glad that you like it!

**Q: Hi I just want to tell you that I like your tattoos**

**A:** Thank you for the kind compliment!

**Q: Innocent is a good goal keeper (name redacted) sucks read out loud**

**A:** Thank you for sharing your thoughts with us! We at bloom365 prefer to amplify blooming and kind words when it comes to others.

**Q: How do I move on from being the toxic person in a relationship**

**A:** Thank you for asking this question. If you are willing to see how your behavior in your previous relationship was toxic and you are committed to doing the work, you can make the choice to change your behaviors for yourself and those around you. Change can be difficult to do alone and we strongly encourage seeking the support of a counselor, social worker, advocate, or other trusted adult in the journey of changing toxic or abusive behavior. It can also be helpful to take some time to find healthy coping skills and strategies that you can rely on when you find yourself struggling with intense emotions. These can be journaling, talking about your feelings with a trusted person, starting a new hobby or engaging in a physical activity. Engaging in these coping behaviors along with seeking healthy conflict resolution skills and the continued support of a professional can be integral to changing toxic behaviors. Our advocates are here to help as well, we encourage you to reach out to us at the LEVEL Line 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: I don't know what to say ummm when are u coming to do this again**

**A:** We hope to be able to come back to Sunland soon, thank you for having us! :)

**Q: I know a couple of people who have been through abuse and have found ways to cope but I still help them and try my best to know they are okay.**

**A:** It is such caring and blooming behavior to support the people you know who have experienced abuse. We are so happy to hear that those who have been impacted by abuse have been able to find coping skills that work for them and that they have such an empathetic person like yourself in their lives. While healing from traumatic experiences such as abuse can be intimidating and can take time, it is possible to do with the help of trusted and understanding support systems. When we rally together to support survivors of abuse and advocate for resources and services, we can contribute to an environment of healing and empowerment from patterns of abuse. If the people you are close to or yourself would like additional support and resources, our advocates are here to help - you can always reach out to us via our LEVEL Line at the information above.

**Q: I feel like my mom and dad don't like me**

**A:** We are so sorry to hear that you are feeling this way regarding your parents. 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 these intense emotions. 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: If your partner is being overly nice. Should I be suspicious**

**A:** If you are feeling concerned or confused about a partner's change in behavior, it could be helpful to initiate an open and honest conversation about your concerns. Healthy communication skills such as "I" statements can be really helpful in addressing difficult emotions in a way that honors everyone's feelings without putting blame onto one person. This style of conflict resolution allows for you to take ownership of your own feelings while 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. If you find that you are not to come to a better understanding or are unable to make changes by communicating in a healthy way with your partner using "I statements," along with tools such as the [Blooming and Wilting Flowers](#) you may want to take some time to consider where you'd like this relationship to go.

**Q: What if your struggling but scared to tell anyone**

**A** It can feel hard or scary to be vulnerable with others especially when we're struggling or experiencing intense emotions or thoughts. It can be helpful to remember that there are people who care about you and want to support you. They want to hear about how you're feeling and what you're experiencing. There are a few different ways to talk with a trusted person that can feel less intimidating such as writing down what you're going through before sharing with others or reaching out via a helpline where you can speak anonymously about what is going on - sometimes talking without having to identify who you are can feel more safe and comfortable. You are not alone and there are people here to support you. If you'd like an empathetic ear and support, our advocates are here to listen and support you. Please feel free to reach out to one of our advocates via chat/text at 1-888-606-HOPE (4673) or by online chat at [bloom365.org](http://bloom365.org).

**Q: He will only talk to us soon as I'm moving on to keep me attached because he knows it'll work.**

**A:** We want you to know that you are not alone, and we are glad that you reached out to share your experience. We understand it's not easy to leave any relationship, especially when you have hope they might change or they continue to reach out to you. It's important to remind yourself that you are deserving of love, safety, respect, and everything else that you want within your relationships. Leaving a relationship is not an easy thing to do and these types of situations can be difficult for a lot of people. We encourage you to explore coping strategies such as journaling, talking about what you're experiencing and feeling with a trusted person, or spending time with close friends or family. Take some time to find what works best for you and if you find that you need or would like extra support in navigating this situation, our advocates are here and you can reach out to us at our LEVEL Line information above.

**Q: I got SA and they still bring him around**

**A:** We are so sorry to hear what you have experienced. Thank you for trusting us with such a deeply personal and vulnerable experience and we want you to know that what you have gone through is not your fault. How you decide to process your experience is deeply unique and personal to you while only you can decide what is the best choice for you please know that you have every right to make choices that are supportive to you and your healing, including taking space from the person who harmed you

and asking others to not bring him around. Your safety (mental, emotional, and physical) is important and you deserve to feel safe wherever you go or with friends. If you'd like to explore safety planning or other resources or even to have an empathetic and non-judgmental ear to listen to how you're feeling, we encourage you to reach out to advocates at bloom365 or RAINN for support. You can find either of us at the numbers listed above. You are not alone and there are people here who would be so happy to support you.

**Q: is it okay to know that you are being mentally hurt**

**A:** Knowing and being able to identify when you are being mentally or emotionally hurt can be an important and empowering step to being able to receive support or resources that can help you in processing and addressing that situation. You do not have to deal with this experience alone and there are trusted adults and professionals such as advocates or counselors that are here to support you. We encourage anyone who is in a situation to share your experience with someone you trust like a close friend or to an anonymous advocate like those who work on bloom365's LEVEL Line. You are not alone!

**Q: There is this girl called (name redacted) and she says my name and says she's gonna fight and she hits me but I can't fight her cause I'm gonna get in trouble and I tell the principals don't do nothing and it makes me feel uncomfortable don't do nothing about it.**

**A:** That sounds like a really scary situation and we're so sorry to hear that you are going through this. You deserve to feel safe at school and you did the right thing by reaching out to your principal for support. It can bring up feelings of helplessness when we feel that our concerns are being dismissed but we hope that your experience with your principal won't deter you from continuing to reach out for the support that you deserve and need. If there are other trusted adults in your life who you feel comfortable talking to such as another teacher or staff at school or parent, we strongly encourage you to share with them what you are going through and ask them for support in speaking with your principal about your concerns. We also encourage you to take some time to find some coping skills such as journaling, spending time with trusted friends, or listening to music to help you process the intense emotions that a situation like this can bring up. You are not alone and if you're ever wanting additional support our advocates are here to help, you can reach out to us via our LEVEL Line information above.