



# Elephant in The Room Q & A

Peoria Advanced Academy of Math & Science  
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 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: What can you do to stop overthinking**

**A:** This question is a bit outside of our area of expertise, but we'll do our best to answer! Sometimes it can be helpful to write our thoughts down in a journal or even in your phone's notes app. If you're comfortable, it can also be helpful to share our thoughts and concerns with someone close to you that you trust. We also encourage you to engage in self-care activities that help you to feel mentally and physically refreshed. If you'd like to talk more about this, feel free to reach out to a BLOOM365 Advocate via our HelpLine for additional support.

**Q: How do you stop being friends with someone?**

**A:** Ending friendships can be a hard or uncomfortable experience. You can choose to end a friendship in a way that feels comfortable to you. One tool that could be helpful is using open and healthy communication. "I statements" are an awesome way to communicate openly, as they can help you explain why you are choosing to end the relationship without placing blame on the other person. An example of an "I" statement would be saying something like, "I feel that this friendship is becoming incompatible and I think it's best we go our separate ways." Communication is an important tool we can use to help end a relationship on good terms. By communicating our desires and reasoning for wanting to end a relationship, we can give each other closure to move on and hopefully grow from our experience.

**Q: How do you tell someone you like them?**

**A:** This is a question that is a little outside of our expertise but we will try to answer it as best we can! While a lot of the tips and tools we share are mostly shared within a relationship context, these same tools could be used in other aspects of our lives, as well. For example - the ability to communicate in healthy ways is important in creating Blooming relationships, but that ability can also be really useful in communicating effectively with others in our lives. The use of "I" statements can be helpful in effective communication and creates an environment where others can see your perspective without assumptions of defensiveness. You could use this same tool to say something like, "I like you and I wanted to tell you that." We hope this helps!

**Q: How do you tell your guardian you need professional help?**

**A:** Navigating conversations about therapy and mental health can be a tough thing to do, especially when you're talking with others who may not believe in therapy or the impacts of unaddressed mental health concerns. If your guardian is open to it, it could be helpful to explore resources such as the [National Alliance on Mental Illness of Arizona](#) to gain a better understanding of the experiences of those with mental health concerns. Regardless of your guardian's ability to understand your struggles, your

experiences are valid and important. We encourage you to reach out to advocates from NAMI and bloom365 for additional support. You are not alone and your experiences are important!

**Q: How do you tell your friends your gender?**

**A:** Thank you for being brave enough to share this with us and reaching out. Coming out about your gender identity 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. There are many positives to coming out to the people around us. It can let people in your life know about an important part of you, and help you to feel less alone by allowing you to meet new friends or even finding someone to date. However, there are also some risks to coming out, especially if you worry that your friends 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 come to a space where everyone is welcome and safe, we encourage you to reach out to BLOOM365 or [onenten.org](#). You can also always reach out to a BLOOM365 Advocate at the number above to discuss this situation or chat online at bloom365.org for more support.

**Q: You are beautiful**

**A:** Thank you for sharing these affirming and blooming words! :)

**Q: Thanks for helping**

**A:** Of course, we are so happy to share our resources with you and the Peoria Advanced Academy community! Thank you for being open to what we have to share. :)

**Q: What do I do if my boyfriend don't want to talk to me. But kissed me the day before.**

**A:** It sounds like you're in a difficult situation with your boyfriend. We're sorry that you're experiencing such tough moments with someone that you love and care about. Sometimes it can be helpful to take some time to process our relationships to figure out the problems within them and the best ways to address them. It can also be useful to look at the [Blooming and Wilting Flowers](#) to help you determine whether this relationship is healthy or unhealthy. If the relationship is built off of power & control and we are not able to make changes by communicating in a healthy way with our partner using "I statements," we may consider whether this relationship is one that we want to continue. When a relationship is healthy, our partner treats us with kindness, respect, empathy, affection, and so many more great qualities that make us feel cherished. If you're still having trouble navigating your relationship with your partner, our advocates at bloom365 are always here to offer support through our helpline at [888-606-4673](tel:888-606-4673).

**Q: How do you set boundaries with people?**

**A:** Having healthy boundaries is a very helpful tool for creating healthy and reciprocal relationships with those in your life. Boundaries can also be a great way to help you better understand yourself and honor your own wants. Setting boundaries can be really hard but it is an invaluable skill that will become easier

as you continue to have opportunities to practice and nurture. When setting boundaries, it might be helpful to utilize “I statements” because they can help you explain why you are making a specific boundary without directly placing blame on the other person. PsychCentral has a [wonderful resource](#) for setting boundaries that could be also helpful!

**Q: How do I remind my parents to get me therapy**

**A:** Thank you for asking this question, we are glad you reached out. Accessing therapy can sometimes be difficult but there are resources out there that can help make it easier. BLOOM365 has counseling services available free of charge for individuals in Arizona aged 11-24 that have witnessed or experienced interpersonal violence (\*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 share this [inquiry form](#) with your parents and fill it out together. If there is a counselor at your school, you could also reach out to them for additional resources and guidance for talking with your parents about therapy. You can also reach out to a BLOOM365 Advocate for additional support and information. You are not alone!

**Q: What do you do if it someone that you love and you don't expect them to be abusive?**

**A:** It can be shocking to learn that someone you love and respect is exhibiting abusive behavior. If it's safe for you to communicate with this person, you could try healthy communication tools such as “I” statements to let them know how their behavior is affecting you and others around them. This could look like using the format of “I feel (emotion), when (situation/behavior). Could we/can we (solution).” This style of conflict resolution allows for you to take ownership of your own feelings while also allowing the other person to understand your perspective of the situation without feeling defensive.

However, it is that person's choice if they want to listen to what you have to say and change their behavior. There is no magic way to encourage someone to address and change their abusive behavior-- that is a decision that they must make for themselves. If they are willing to see their behavior as abusive, they can make the choice to change that behavior. A counselor, social worker, advocate, or other trusted adult can be there to help in that process. Ultimately, your safety is the most important and we encourage you or anyone else in a similar situation to prioritize their wellbeing. If you'd like to talk more about this, we encourage you to reach out to a counselor or trusted adult - whether that be through your school or outside. You can also reach out to us at BLOOM365 by contacting our helpline at 888-606-4673.

**Q: I was bullied at my other school if it starts up again what do I do**

**A:** We are sorry to hear that you have experienced bullying at your previous school. When you are a victim of 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. If this experience occurs again at your new school, we encourage you to reach out to a trusted person or adult such as a school counselor or advocate for further support and resources. They will be able to support you in creating a safety plan and accessing other resources to help you in your healing journey. You are not alone, our advocates are here for you at our Helpline at 1.888.606.4673!

**Q: What if someone (like a friend) was hurting you physically how do you stop that?**

**A:** We are so sorry to hear that you have experienced physical bullying from your friend. Thank you for sharing your experience with us. You are deserving of respect and kindness within your friendships. We encourage you to try and communicate with your friend about how the behavior is making 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. 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 the conversation is their choice, and we cannot control that. You are not alone, our advocates are here for you at our Helpline at 1.888.606.4673!