



# Elephant in The Room Q & A

Legacy Traditional Schools- Glendale  
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)\**

<b>BLOOM365 Help/LEVEL Line</b>	<b>For free, confidential support:</b> <b>Text/Call: 1-888-606-HOPE (4673)</b> <b>Monday-Friday from 5PM-9PM (MST)</b>  <b>To reach a specific advocate directly, please feel free to contact our Helpline and tell us who you would like to speak to.</b>
<b>Teen Lifeline</b>	<b>Text or call 602-248-TEEN (8336) for free, confidential support 24/7 relating to suicide, depression, bullying, or relationships.</b>
<b>National Teen Dating Violence Hotline</b>	<b>Text "LOVEIS" to 22522 24/7</b>
<b>National Domestic Violence Hotline</b>	<b>1-800-799-SAFE (7233)</b>
<b>National Sexual Assault Hotline</b>	<b>1-800.656.HOPE (4673)</b>
<b>Suicide Prevention Lifeline</b>	<b>1-800-273-TALK (8255)</b>

**\*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: How do you stop yourself from harming you?**

**A:** Self-harm is sometimes used as a coping skill. It might be helpful to identify healthy coping mechanisms and forms of self-care that you can do instead when you have those thoughts or urges. Some examples might include: Spending time with the people you love, yoga, taking a bath, joining a new sports team or club, or simply going for a walk. If you're struggling with finding effective coping tools or would like to talk more about this, please feel free to reach out to our HelpLine at the number above!

**Q: I felt uncomfortable in this**

**A:** We are sorry to hear that you felt uncomfortable during the doses. We recognize that this material can be difficult to talk about and can be triggering if you have experienced these things. We encourage you to do whatever you need to do to take care of yourself. That might include stepping out of the classroom, putting your head down, or practicing some other form of self-care. Please know that our advocates are always available to talk and we'd be happy to meet or talk with you if you need support.

**Q: Why?**

**A:** Chicken thigh? 😊

**Q: What if I don't like myself?**

**A:** You are not alone in feeling this way. Building good self-esteem can take a long time and is not always easy. But, knowing that you want to learn how to have better self-esteem and that you can improve is the first step. Our self-esteem is of the thoughts, feelings, and opinions we have about ourselves. That means self-esteem isn't fixed. It can change, depending on the way we think. Once you're aware of that, and know that the way you think is up to you, you can begin to change the way you perceive yourself. Focusing on the things we love about ourselves can be one helpful way to lift our self-esteem. We encourage you to take a moment to remember the things you love about yourself (your strengths, aspirations, personality/physical characteristics, etc.). Writing these things down and having them easily accessible can help build your confidence. If you'd like to talk more about this, our advocates are here to listen. You can reach out to us at the HelpLine information above!

**Q: I have 3 feet but can't walk. What am I? Write below please?**

**A:** This was quite the tricky riddle! We had to do a bit of research but we believe the answer is a yardstick. We hope it's correct! Thank you for sending in this fun riddle!

**Q: My friendship with my friends is going away because, one of them is always saying its your fault or she just doesn't understand or trust us. I don't know what to do? Be scared? Feeling unsafe?**

**A:** We are sorry to hear that you are going through this with your close friendships. You deserve to be treated with kindness and respect in all relationships, including friendships. If you are not receiving the type of friendship that you would like, you can think about whether or not this is a friendship you want to be in. It can be useful to look at the blooming and wilting flowers to help you determine whether this friendship is healthy or unhealthy. If the friendship is built off of power & control and we are not able to make changes by communicating in a healthy way with our friend using "I statements," we may consider whether this friendship is one that we want to continue. Navigating conflict with our friends can be hard; if you'd like to talk more about this, our advocates are here to support you. Feel free to reach out to a BLOOM365 Advocate at the numbers above for additional support!

**Q: 2 people have argument every day and same time. I get in the middle of it**

**A:** Feeling stuck in the middle of an argument or conflict between others can feel frustrating or confusing. If it feels comfortable or safe to do so, it could be helpful to use conflict resolution skills such as "I" statements to let the two people know how it makes you feel to be caught in the middle. This can look like saying something such as, "I feel uncomfortable when I am brought into this argument, can we talk about something else?" 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. If you'd like to talk more about this or explore other ways to have boundaries with these people, we encourage you to reach out to our advocates at the number above!

**Q: A kid has been saying bad words to me alot in our classroom.**

**A:** We are sorry to hear that this is happening to you. We are glad that you reached out. If there is a trusted adult at your school that you feel comfortable talking to such as a teacher or counselor, we encourage you to reach out and share with them about what you're going through. They will be able to support you in finding solutions that center your safety and wellbeing while in class. Our advocates are also here to support you whether that be with a safety plan that you can use while in class or finding other coping skills that can be supportive to you. You deserve to feel safe and comfortable in class!

**Q: Ever since my friend left to go to Texas I can't stop thinking about him and then I start crying.**

**A:** Having a friend move away can be such a sad experience. We're sorry to hear that your friend has moved away. Giving yourself time to process feelings and emotions is important. Finding ways to cope can be really helpful. This could look like spending time with the people you love, writing a letter to your friend in Texas, writing in a journal, or even listening to your favorite music. 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 have anxiety because when me and mom lived in Colorado, my mom used to have a boyfriend that used to abuse us, but I just needed to get that off my chest**

**A:** Thank you for trusting us with such a vulnerable experience. We are sorry to hear that you and your mom have gone through something so traumatic. We are glad to hear that you are both in a safer place. Finding healing through traumatic experiences like abuse can be difficult but with support and care, you can find skills and tools to support you through the healing journey. We encourage you to reach out to advocates at bloom365 who can provide you with free, non-judgemental support and resources as you process this. You can reach out to us at the HelpLine information listed above. We are here for you!

**Q: My relationships with friends are slowly breaking with one another. Should I be neutral?! Calm?! What should I do? Some talk about each other that seems sneaky to me, right? I'm scared to talk about it, will they hate me? Advice? Yeah I do feel insecure... Some of the bullying could take control..**

**A:** Navigating conflict within friendships can feel like an overwhelming or complicated thing to do. Using healthy conflict resolution skills such as “I” statements to communicate openly with our friends can be a helpful way to build understanding. If you feel safe and comfortable doing so, using “I” statements can be helpful in communicating our feelings and allowing the other person to empathize with us. We recommend using the format: “I feel \_\_\_\_ (emotion) when \_\_\_\_\_ (situation/action), can we please \_\_\_\_\_ (resolution)?” This style of conflict resolution allows you to take ownership of your own feelings, allowing the other person to understand your perspective of the situation without feeling directly attacked. If you find that your friends are not open to talking in a healthy way or things do not change within your friendships despite using skills such as “I” statements, you may want to take some time to consider if these are friendships that are blooming for you. Friendships can be a complicated relationship to process, if you'd like to talk more about this, you can reach out to one of our advocates at the HelpLine above.

**Q: I felt nice when I built a flying saucer, 2 lamps, space war, music, and alarm box. I built all this using snap circuit jr. snapwires.**

**A:** Whoa, how awesome! You must have worked really hard to build these things. You should feel so proud, thank you for sharing these accomplishments with us! :)

**Q: I love my mom and she loves me so much and I give her hugs. I love my mom**

**A:** It is so awesome that you have such a caring mom! Having even one supportive person in our lives can make a big difference. We are so happy to hear that you have such a blooming relationship with your mom! :)

**Q: My brother has been doing drugs all my life. He is 25 years old. Now he's in jail and I'm not allowed to see him.**

**A:** We are really sorry to hear about your brother. Having a family member who is incarcerated can be an isolating and tough experience to navigate. Thank you for trusting us with such a deeply personal experience and we are glad that you shared this with us. Sharing about our experiences with others in our lives can build understanding and help us to feel less alone. We encourage you to talk more about what you're experiencing whether that is through journaling, talking with a trusted adult such as a family member or school counselor, or reaching out to a bloom365 advocate. You are not alone and there are others who are here to support you as you navigate this tough situation.

**Q: I have a turtle and he is so cute. I got a joke. What happens when a monkey goes crazy? They go bananas.**

**A:** Thank you for sharing this funny joke with us! And for telling us about your cute turtle - tell him that we say hi! 🐼🐢

**Q: I like spending time with my family and watching movies with them its nice.**

**A:** We are so happy to hear that you and your family enjoy such fun quality time together! Thank you for sharing these blooming moments with us! :)

**Q: My friend is very controlling but she is my best friend and if i unfriend her I don't want to hurt her feelings and I have bad anxiety**

**A:** We are sorry to hear that you are experiencing this with your best friend. You deserve to be treated with respect and all of the other elements we see in the [Blooming Flower](#) in all of your relationships and friendships. If we have a friendship that is built off of power and control and we are not able to make changes by communicating in a healthy way with our friend using "I statements", we can consider whether or not the friendship is healthy and what steps we might want to take next. If you'd like to talk more about this or explore some healthy coping skills for managing your anxiety, we encourage you to reach out to our Helpline at the number listed above. We are here for you!

**Q: Are you a psychiatrist**

**A:** We are not psychiatrists but bloom365 does offer counseling services! 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](#) or reach out to one of our advocates at the HelpLine information above.

**Q: Cyber bullying**

**A:** Bullying of all kinds, including cyber bullying, should be taken seriously. If someone is being bullied and we are witnesses to that, the best thing we can do is speak up and speak out. This can look like confronting the bully directly (if it is safe to do so) or telling a teacher or trusted adult about what's going on. We encourage everyone to treat others with agency, respect, and equity. If you'd like to talk more about this, feel free to reach out to our HelpLine at the number listed above.

**Q: Birds make me happy**

**A:** Did you know that there are about 534 species of birds in Arizona alone? Birds are pretty cool!

**Q: How are chicken nuggets made?**

**A:** Good question! We found this neat [video](#) that goes inside of a chicken factory to show us how chicken nuggets are made!

**Q: My parents fight alot**

**A:** We want you to know that you are not alone, and we are glad that you reached out for support. It can be challenging to be in a home with parents who fight a lot. We encourage anyone in this type of situation to reach out for support 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. Other coping skills like writing in a journal, joining a new sports team or club, or simply spending time outside can also be helpful. Our advocates are also here to offer support and additional resources. Please feel free to reach out to us at the information above.

**Q: Boys and crushes idk how to spell**

**A:** Having a crush can be a normal and common feeling for a lot of people! It is not a bad or abnormal experience, but we should still take the time to process our feelings, practice open communication with others, and to respect and affirm other people's boundaries.

**Q: Girls get everything and don't get in trouble boys always get in trouble for nothing**

**A:** This is an example of unhealthy gender norms and the negative impacts that they can have. An unhealthy gender norm is a rule or belief about how certain genders should behave. Some examples are the idea that women should stay home and raise kids or have long hair and that men should be the "breadwinners" and be the "tough" ones in relationships. These are unhealthy because people who do not follow norms may be ridiculed or made fun of. Unhealthy gender norms are very common in our society. These ideas can go back many years and historically it has been passed from generation to generation. By being aware of unhealthy gender norms, we can engage in productive conversations that break down some of these unhealthy gender stereotypes to work together for equality!

**Q: Knock knock! Who's there? Boo! Boo who? Aw why are you sad?**

**A:** Good one! 🤩

**Q: Why do seagulls fly over the sea? Cause if they fly over the bay they would be baegles!**

**A:** How clever! Thanks for sharing! 😄

**Q: Why is Cinderella bad at softball? Cause she ran away from the ball**

**A:** This took a minute to get but once we did it definitely made us laugh! 😂

**Q: My name is (redacted). I'm having a good day but I fell on my arm**

**A:** We are glad to hear that you are having a good day! We're sorry to hear about your arm - we hope you are able to get it checked out and access any medical care that you may need.

**Q: I like elephants and axolotls. They are the best!**

**A:** Elephants and axolotls are super cool animals! We can understand why you like them so much. Thanks for sharing!

**Q: I have 26 animals**

**A:** Whoa, that's a lot of animals! It must be so cool to live with and care for so many precious animals. :)

**Q: What if you don't know your bullying. What if you and your friend tease each other for fun.**

**A:** This is a really great question! Sometimes people don't realize they might be showing controlling and hurtful behavior until we have the conversation in the classroom. If you are still unsure, we recommend taking a look at the [blooming and wilting flower](#) from the doses to see if you might be displaying blooming or wilting behaviors. To add, teasing with friends is not uncommon, however, we always want to be aware of how our actions might make our friends feel! What might be a joke to one person, may not be a joke to another person. If your friend has let you know that they are okay with the playful teasing, then you both have set an agreement with each other. It's important we try our best to make sure we are always on the same page with our friends when it comes to playful teasing!

**Q: I have bad anxiety about sleeping over at friends house :(**

**A:** We are really sorry to hear about that. Having a fear of sleeping in a new environment is common for many people. The important thing to remember is that your feelings are valid. Sometimes, it takes time to get comfortable with sleepovers, so please take your time getting there! If you have any more questions or need support with this we recommend reaching out to our BLOOM365 helpline, listed above.

**Q: What happens if you just cry for no reason cause I do sometimes**

**A:** Thanks so much for asking such a great question. Sometimes we just need to cry for no particular reason, and that is okay. Sometimes this happens because we've been holding in all our emotions at once, so they release all at once. However, we do recommend talking to a trusted adult regarding any of those emotions you might be feeling so you don't have to hold them in all the time. You can also reach out to our helpline (listed above) if you are needing additional support to find other ways to cope with those big emotions.

**Q: I had an unhealthy friendships with someone that was like: It's me or them! It made me uncomfortable. :(**

**A:** We are sorry to hear about your experience and how uncomfortable it made you feel. We understand it takes a lot of courage to end a friendship and we want to acknowledge that you did a great job being able to recognize that there were some controlling and hurtful behaviors occurring. This was a great way of telling us that you know how to set boundaries for yourself!

**Q: I am from Ukraine and I can't speak so good English and these so good friends in my class they always help me :)**

**A:** Woo! We are so happy you have those supportive friends who want to help you! Sounds BLOOMING!

**Q: Here is a riddle, what has four letters, sometimes has nine letters, and never has five letters.**

**Answer: It was a statement**

**A:** Thanks for giving us the answer, that was a tricky one!

**Q: I don't know if my friend is becoming toxic, like ignoring me and being mean. What should I do?**

**A:** We are sorry to hear this. We understand that having these conversations with friends can be uncomfortable, especially when we have been friends for a long time. Unfortunately, we cannot always control how that person chooses to react to you expressing your feelings. If you feel like you are in conflict with a friend we highly recommend communicating how the conflict has made you feel. A good way to have this conversation is through "I statements." This sounds like "I feel (emotion), when (situation/behavior). Could we/can we (solution)." This allows a healthy way to express our feelings without making anyone feel attacked.

**Q: I have a friend that likes to hits me, and hits me. She gets mad really easy.**

**A:** We are sorry to hear that. If this makes you uncomfortable we highly suggest setting your boundaries and letting your friend know that this is not okay with you. We understand that this can be uncomfortable to do, especially if we have an understanding on how that friend may react. If you feel like you are needing additional support with having this conversation with your friend we encourage you to reach out to a trusted adult or our BLOOM365 helpline **1.888.606.4673**. If the hitting continues, we highly recommend informing a trusted adult that is at your school.

**Q: Feeling depressed, mostly controlled. Not being understood. My quote of the day "Real depression makes you hate the things you love the most"**

**A:** We are sorry to hear about how you have been feeling recently. Your safety is extremely important to us. We highly recommend reaching out to a trusted adult on campus or at home to assure those feelings are being addressed. We also recommend you reach out to our BLOOM365 Helpline @ **1.888.606.4673**, an advocate will be available to have this conversation with you as well as provide any additional information/resources that may be beneficial to you.

**Q: I have a friend who gets mad really easy and she also hits me sometimes and it hurts and I don't know what to do.**

**A:** We are really sorry to hear about this situation happening with your friend. 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. However, it is important to remember that how your friend reacts is the conversation is their choice, and we cannot control that. You making the effort to have these healthy conversations with friends show great blooming characteristics!

**Q: I'm happy that the chiefs won the Superbowl! My celebrity crush is Patrick Mahomes.**





A:

**Q: Can you be in the program if you're under 11 years old?**

A: Our services are for youth ages 11-24. However, this curriculum is served to fit all 5th graders, so you can definitely be a part of this program!

**Q: If you say that your sister can't hangout with your friends because she can't hear what we're talking about, am I a red flag?**

A: It is definitely normal for siblings to want to hang out with their other siblings. And it is also normal to want to hang out with our friends without our siblings. This is part of setting those boundaries in a healthy and effective way. If you need additional support on how to set these boundaries we encourage you to talk to a trusted adult in your life regarding your feelings.

**Q: I feel very insecure and down a lot of the time because people call me fat and a pig. It's made me cry a lot, but i want to be more confident. I just don't know how. Do you have any suggestions? I'm also being left out a lot, can you help?**

A: We are so sorry to hear that you have experienced verbal bullying. Thank you for sharing your experience with us. When you are a victim of verbal abuse and 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. We encourage you to reach out to a trusted person or adult such as a school counselor or advocate for further support and resources in processing this experience. You are not alone, our advocates are here for you at our Helpline at 1.888.606.4673!

**Q: I am pansexual and gender fluid but I get judged because I am young. I often cope but taping and chewing on things**

A: Thank you for being brave enough to share this with us. Coming out and living freely in who you are can be a scary process for many people especially when we are concerned with how others will react. 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. The most important thing is for you to stay safe, and know that any negative reactions that others might have are not your fault. If you'd like to talk more about what you're experiencing, we encourage you to reach out to an advocate at [BLOOM365](#) or [The Trevor Project](#). You are not alone!

**Q: Do you help with ADHD?**

**A:** Thank you for asking this question. Unfortunately, bloom365 does not specifically help with ADHD but we can support you in finding resources that are a better fit for you. We encourage you to reach out to a school counselor or social worker as they will be able to help you access resources for managing ADHD. Please feel free to reach out to us at our HelpLine at 1.888.606.4673.

**Q: Where does Potter keep all of his candy?**

**A:** We were hoping to get the answer to this one!

**Q: Is it okay a friend frames you?**

**A:** A healthy friendship is made of all the elements seen in the [Blooming Flower](#) including respect and fairness. A friend framing or blaming you for something that you did not do is not very fair or blooming and seems to be more wilting behavior. If you are finding that your friendship shares more in common with the wilting than blooming flowers and things don't change despite using healthy communication skills such as "I" statements, it might be helpful to consider whether this is a friendship that you'd like to continue. Our advocates are here to support you if you'd like to talk more about this, you can reach out to us at the HelpLine information above.

**Q: I lost all my friends because we keep getting in drama and fights. Now I'm all alone :( I'm always dragged in problems**

**A:** We are sorry to hear that you are experiencing this with your friends. Losing friendships can be a difficult thing to deal with. If fixing these friendships is something you feel comfortable or want to do, using healthy communication skills can be a way to talk through and resolve conflict. 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. Finding ways to cope can also be really helpful. This could be spending time with the people you love, writing in a journal, coloring, or even listening to your favorite music. Giving yourself time to process feelings and emotions is important. 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 dropped a wide open pass in football at recess and now everyone is calling me butterfingers**

**A:** We are sorry this has happened. Communicating how those jokes make you feel and asking others to stop making them can be a helpful response. If you find that the jokes do not stop after you've asked them to stop, taking some space from those who are making the jokes could be a reasonable next step to make.

**Q: My friend is mean to me. I feel like she doesn't care about how I feel like today she hugged someone in front of me. I jokily put my arm in front of her and said "no." Then she was like, "oh so I can't hug my friend?!" And she doesn't care about me**

**A:** We are so sorry to hear that you have experienced this from your friend. If it feels comfortable to do so, you can try communicating with your friend about how her actions make you feel. A good way to have this conversation is through "I statements." This sounds like "I feel (emotion), when (situation/behavior). Could we/can we (solution)."

This allows a healthy way to express our feelings

without making anyone feel attacked. 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 making the effort to have these healthy conversations with friends shows great blooming characteristics!

**Q: I want to hurt my teacher feelings cause she hates me.**

**A:** We are sorry to hear that you are feeling this way about your teacher. Feeling hurt and angry are normal human emotions to experience but it can be harmful to ourselves or others if we do not find healthy ways to process them. Some coping skills that can be supportive are talking to a friend or trusted adult, journaling, or even going for a walk. Calming strategies like taking a break or taking space when you're angry, taking some deep breaths, or counting to ten can be helpful ways to try easing your feelings of anger. We also encourage you to reach out to a school counselor or other trusted adult at school about how you've been feeling. They'll be able to support you in identifying coping strategies for managing your feelings and can help you and your teacher come to a better understanding of each other.

**Q: Should I apologize to my friend because she put her hands on me like slapping me and putting me in a head locks. I feel bad because I've known her so long so should I?**

**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. If it feels comfortable to do so, you can try communicating with your friend about how her actions make you feel. A good way to have this conversation is through "I statements." This sounds like "I feel (emotion), when (situation/behavior). Could we/can we (solution)."

This allows a healthy way to express our feelings without making anyone feel attacked. 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!

**Q: I got stung by a scorpion**

**A:** Oh no, that sounds terrifying! We hope that you are feeling better however if symptoms haven't gone away or have intensified, we encourage you to seek medical care immediately. Your physical health is so important!

**Q: Do you like birds**

**A:** Yes, we like birds, we think they are pretty neat!

**Q: There are many good friends that make me feel not worthy/insecure. I have a friend that I don't want to be friends with anymore, but don't know how to tell her... help?**

**A:** Ending friendships can be a hard experience. Losing a long-time friend can be painful, and while it can be a tough thing to do, it can also be a great time for self-evaluation and growth. 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 getting toxic 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. Ending relationships of any kind, especially close, long-time friendships, can be a difficult experience to navigate. We encourage you to explore coping strategies, such as journaling or finding a new skill or hobby, and find what works best for you!

**Q: Why do people bully**

**A:** People bully for many reasons but it all boils down to trying to gain or maintain power and control over someone else. Some people may bully others because they were exposed to unhealthy or abusive behaviors in their homes as a child and taught that this behavior was normal or okay. Rigid belief in gender norms can also play a role. Insecurity is another root cause. If someone lacks confidence, they may try to gain power or control over someone else in an attempt to feel better. Remember, though, that even though these root causes may increase one's risk of becoming a bully, they still can make the deliberate choice to treat people in a caring way instead of in a controlling way. If someone is being bullied and we are witnesses to that, the best thing we can do is speak up and speak out. This can look like confronting the bully directly (if it is safe to do so) or telling a teacher or trusted adult.

**Q: I don't feel comfortable doing this**

**A:** Thank you for letting us know how you're feeling! The topics we cover in our doses can be uncomfortable and sometimes upsetting. It is okay if you don't feel comfortable. can be difficult to talk about and can be triggering when you have experienced these things. We encourage you to do whatever you need to do to take care of yourself. That might include stepping out of the classroom, putting your head down, or practicing some other form of self-care.

**Q: I ❤️ drawing and I always practice! Have a good nice/amazing day!**

**A:** That is amazing! Drawing can be such a relaxing hobby to have. Thank you for sharing this with us and we hope you have a nice day too! :)

**Q: Thank you! You are awesome, you are helpful!**

**A:** Thank you for sharing these blooming words with us! :)

**Q: Hi, have a good day**

**A:** You too!! :)

**Q: Why does the sun can't go to college? It has too many degrees. Have a good day**

**A:** Sounds like the sun has a bright future ahead of it! We hope you have a good day too!

**Q: What is a 45 cent concert? A 50 cent concert with a nickelback**

A: Oh this is a clever one! 😄

**Q: What did the horse say when it fell? "I've fallen and I can't giddy up"**

A: Aw poor horse! We hope it's able to get stable!

**Q: Why did the bakery hire a pig? Because he was good at "bacon"**

A: That is one talented pig! 🐷

**Q: I ate slime, should I do it again?**

A: Slime is not really safe to be consumed and it could cause some negative impacts to your body and health. We would recommend not eating slime and keeping to eating yummy snacks instead!

**Q: I went to Las Vegas on Friday. I had a lot of fun. And yesterday my dad bought me robux on roblox.**

A: It sounds like you have a great time! We are so happy to hear that you are enjoying your time with your family. :)

**Q: It's a good thing to be a good person then a bad**

A: Thank you for sharing these wise words with us!

**Q: I am grateful for you to help me get through school life**

A: We are glad that we can support you and please know our advocates are always here to help! Thank you for these kind and blooming words. :)

**Q: What comes but never comes down?**

A: There could be so many answers to this one!

**Q: What has keys but no door legs but no arms what am I?**

A: Keyboard and we are going to guess a chair for the second one?

**Q: Why can't the pirates play cards? Because the captain was on the deck**

A: This was arrr-celent! 🃏 🦜

**Q: What does the vegan zombie say? "Graaaaains, graaains"**

A: This joke was gravely funny! 🧟 🥬

**Q: Why did the chicken cross the road? It was in a wolf**

A: Wow, the plot chickens! 🐔 🐺

**Q: Why did the teddy bear not want dessert? She was stuffed!**

A: So sad that she missed out on the blue-beary-pie!

**Q: How to come out as bisexual because I don't feel secure to tell my mom and dad and how to feel positive around myself and feeling left out.**

**A:** Thank you for being brave enough to share this with us and reaching out for help. Coming out 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 and find a new community. However, there are also some risks to coming out, especially if you worry that your friends and family 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 information above!

**Q: There is dance coming up on the 29th. I want to ask somebody but I don't know how. Can you help me?**

**A:** This question is a bit outside of our expertise but we will try our best to answer! Sometimes the simplest way is the best way which could look like asking, "hey, would you like to go to the dance with me?" It's important to respect whichever choice this person decides to make!

**Q: Is it okay if buying it's on electronics? Also how do I come out to my grandparents because I'm gay**

**A:** We don't understand your first question but if you'd like to talk more about it, you can always reach out to our advocates to discuss this more. Regarding your second question, coming out is such a deeply personal and unique experience. It's your decision, and no one else's. 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 are not alone in this journey!

**Q: You should talk about the Trevor Project**

**A:** Absolutely, thank you for bringing this up! The Trevor Project is an amazing organization that provides support for LGBTQ+ youth and resources for advocating for the equal rights of those within the community. They offer [phone, chat, and text](#) support to LGBTQ+ youth in crisis as well as an online [resource center](#) where LGBTQ+ youth and allies can become educated on the experiences facing them. They even have an online [community space](#) where LGBTQ+ youth can connect with others from their community! They do amazing work and we are so happy to share about the work they do.

**Q: Would you be happy that the Browns made it to the SuperBowl**

**A:** That is definitely something worth being happy about!

**Q: I'm not sure if I should go to the dance or not**

**A:** That sounds like a tough decision to figure out. Sometimes making pros and cons lists can be helpful in figuring out whether a decision is best for you. This can look like taking some time to decide what are the pros to going to the dance (like having fun with your friends!) and the cons (maybe large crowds and loud music aren't your thing). Ultimately it's your choice to make!

**Q: Why do people bully others? When is the next time you will be in my class? Have you ever been bullied?**

**A:** These are such good questions, we're glad you asked them! Our bloom365 staff all have varying experiences with bullying. People bully for many reasons but it all boils down to trying to gain or maintain power and control over someone else. Some people may bully others because they were exposed to unhealthy or abusive behaviors in their homes as a child and taught that this behavior was normal or okay. Rigid belief in gender norms can also play a role. Insecurity is another root cause. If someone lacks confidence, they may try to gain power or control over someone else in an attempt to feel better. Remember, though, that even though these root causes may increase one's risk of becoming a bully, they still can make the deliberate choice to treat people in a caring way instead of in a controlling way.

**Q: What if I feel depressed or don't like myself in general like everything about me**

**A:** It sounds like you're going through a lot right now, and we want you to know that you are not alone. It sounds like you may be experiencing depression or have some extreme feelings of loneliness, sadness, or despair. If this feels accurate to how you may be feeling, please know that help is available. If these feelings 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 want you to know that there is support available for you. We 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 listed above for additional support relating to depression. School social workers and counselors are also a great source for information on dealing with depression. BLOOM365 Advocates are also available at our LEVEL Line by text or call 888-606-4673 or by webchat at our website, we can support you in accessing these or other resources that can support you. You are not alone and we are here for you!

**Q: Both of my friends talked bad about me to my cousin and my cousin told me**

**A:** That sounds like such an uncomfortable situation to be in, we are sorry to hear that you are experiencing this. If it feels comfortable and safe to do so it could be helpful to have an open conversation with your friends about this situation. Using "I" statements rather than "You" statements can be a productive way of bringing up conflict.. For example: 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?" 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. If your friends' behavior

doesn't change after an open and honest conversation, it could be helpful to take some time to consider whether or not these are friendships you'd like to continue.

**Q: I have a big crush and they hate me**

**A:** Having a crush not reciprocated can bring up a lot of intense emotions. 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 have been seeing lots of people getting bullied and getting laughed at and getting injured and while getting laughed at so I just want to stop this!!!**

**A:** If someone is being bullied and we are witnesses to that, the best thing we can do is speak up and speak out. This can look like confronting the bully directly ( if it is safe to do so) or telling a teacher or trusted adult. The most important thing to understand is that we must do something! By working together, we can end bullying!

**Q: I've been feeling a little left out with my friends, and my friend has been lying about things I did or said.**

**A:** We are sorry to hear about your experience with this friend.. 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 you'd like to continue. You cannot control how your friend reacts but engaging in open and honest communication is a blooming characteristic to have!

**Q: I have bullied someone because someone bullied me :(**

**A:** We are sorry to hear that you have experienced bullying. Bullying behaviors can be changed. 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: I'm getting bullied by (name redacted)**

**A:** We are so sorry to hear that you are being bullied. You deserve to feel safe and welcomed at school. We appreciate you being able to talk about this and reaching out to us. We always encourage you to reach out to a trusted adult at school or at home about what you're experiencing. They'll be able to offer



you additional support in navigating this tough experience. You can always reach out to a bloom365 advocate at the number above if you'd like additional support. You are not alone!

**Q: How can I stop being mean to my sisters. I just want to stop. I be mean but then I'm hard on myself. I want to stop.**

**A:** Mean behavior can be changed and 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 with this. Finding 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 also be useful. 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.

**Q: What do I do if someone bullies me about my weight?**

**A:** We are so sorry to hear that you have experienced verbal bullying. Thank you for sharing your experience with us. When you are a victim of verbal abuse and 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. We encourage you to reach out to a trusted person or adult such as a school counselor or advocate for further support and resources in processing this experience. A lot of times our society focuses on the things we are insecure about and things we wish we could change about ourselves. It could be helpful to take a moment to remember the things you love about yourself (your strengths, aspirations, personality/physical characteristics, etc.). You are not alone, our advocates are here for you at our Helpline information above!

**Q: What happens if they don't stop**

**A:** If someone is not stopping their harmful behavior even though you have asked them to stop, we strongly encourage you to reach out to a trusted adult such as a teacher, counselor or principal. It can be uncomfortable or intimidating to reach out to a teacher and share what we're going through. It can be helpful to remember that your teachers care about you and your wellbeing is important to them. They want to hear about how you're feeling and what you're experiencing. You can reach out to your teacher and let them know that you'd like to talk to them about something important. They will try their best to make some time to talk in a private and safe space. Sometimes talking can feel hard to do, you can also write down what you'd like to say and share the letter with your teacher. If you'd like to talk more about any nervousness you may have with talking to a teacher or would like to explore other ways to start a conversation about these heavy topics, you can reach out to our advocates for additional support and ideas. You can find us at our Helpline at 1.888.606.4673.

**Q: I'm okay. I fink**

**A:** We are happy to hear that you are feeling okay at this moment but if you'd ever like to talk more about what you're feeling or if you are simply needing an empathetic ear or other resources, please know our advocates are here to listen and support you! Please feel free to reach out to us at the information above! We are here for you!

**Q: I've been feeling very sad and down lately. My dad has been in a very toxic relationship for 8 years now. His gf is pretty insane. She screams and cries and cusses out my dad. It got to the point where she put a knife to her throat, and gave it a little cut. After that, she told her daughter that they'd tell the cops it was my dad. She has also banged her head on the wall to make it bleed in front of my 2 year old brother. When her + my dad got into a fight, she called my dad names and yelled at me for recording**

**A:** We are sorry to hear what you and your family are experiencing at home. You deserve to feel safe in your home and you all have done nothing to deserve this treatment. Thank you for trusting us with such a vulnerable experience. It can be very difficult to watch someone you know be a victim or in an abusive relationship, and we understand wanting to help them. Please know that it is not your responsibility to "rescue" your family member, but there are some ways you can help if you so choose. For one, you can serve as a supportive person in their life. Let them know that you are there for them. You can also find ways to spend time alone with them doing activities you both enjoy. If you feel comfortable, you can give them the number to the National Domestic Violence Hotline (1-800-799-SAFE(7233)). Don't be discouraged if they are not ready to make the call. Remember the importance of not blaming the victim and understand there are a lot of barriers to leaving an abusive relationship. You can continue to let them know you are there for them, and that the hotline is available whenever they are ready to make the call. Our advocates are also here to support you - please feel free to reach out to us at our LEVEL Line at the information above. You are not alone and we are here for you!

**Q: Can we talk more? I feel like I need to talk to someone. Have a great day :) PS I followed bloom365 on social media to talk more!**

**A:** Of course! You can reach out to one of our advocates at our LEVEL Line either by phone/text at 1-888-606-HOPE (4673) or by online chat at bloom365.org. Our line is open from 5-9PM, Monday-Friday. If there is a specific advocate that you'd like to speak to just let us know and we will get you connected. We hope to hear from you!

**Q: Do you like chicken nuggets? And how do I see you to talk because I have a lot going on.**

**A:** Chicken nuggets are pretty tasty! You can reach out to one of our advocates at our LEVEL Line either by phone/text at 1-888-606-HOPE (4673) or by online chat at bloom365.org. Our line is open from 5-9PM, Monday-Friday. If there is a specific advocate that you'd like to speak to just let us know and we will get you connected!

**Q: I'm kind of having a hard time with one of my friend. Because she's been a jerk to me. And I need help. I tried to tell her that we can't be friends but she won't listen, and she won't leave me alone. And I need help trying to stop her to leave me alone.**

**A:** 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 getting toxic and I think it's best we go our separate ways." You can have that conversation in a relatively public space like a park or have someone you trust nearby for emotional and safety

support during and after. If this friend is not respecting your boundaries, we encourage you to reach out to a trusted adult at your school for additional support in addressing this situation with this friend.

**Q: I have this friend in 6 grade and we were playing and I took her candy and ran but then I gave it back and I didn't eat any of them but she pulled my hair really hard and I feel light headed and fell to the and as I got up she pulled my hair again and I had a headache but I'm scared to tell a teacher.**

**Abusive best friend**

**A:** We are so sorry to hear that you experienced such abusive behavior from your friend. You deserve to feel safe within your relationships and at school. While it can feel uncomfortable or intimidating to reach out to a teacher and share what we're going through, it can be helpful to remember that your teachers care about you and your wellbeing is important to them. They want to hear about how you're feeling and what you're experiencing. If you are concerned about your safety when it comes to this friend, we strongly encourage you to reach out to a teacher or other trusted adult at school to support you in creating a safety plan. You are not alone! If you'd like to talk more about any nervousness you may have with talking to a teacher or would like to explore other ways to start a conversation about these heavy topics, you can reach out to our advocates for additional support and ideas. You can find us at our HelpLine at 1.888.606.4673.

**Q: A lot of people are mean to me for what I look like and what I do.**

**A:** We are so sorry to hear that you are experiencing bullying and mean comments at school. You deserve to feel safe and welcome at school and you have done nothing wrong to deserve to be treated that way. When you are a victim of verbal abuse and 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. We encourage you to reach out to a trusted person or adult such as a school counselor or advocate for further support and resources in processing this experience. You are not alone, our advocates are here for you at our Helpline at 1.888.606.4673!

**Q: I lost my biscuit. No actually my friends betrayed me and bully me now.**

**A:** We are sorry to hear that you lost your biscuit and about how your friends are treating you. You deserve to be treated with respect within your friendships. We encourage you to reach out to a trusted adult at school such as a counselor or teacher for additional support in addressing the bullying you are experiencing by your former friends. Bullying can be an intense experience that can bring up so many different emotions, if you'd like to talk more about what you're going through you can always reach out to one of our advocates for additional support. You are not alone!

**Q: I have a problem with my friendships someone keeps starting drama!**

**A:** Navigating drama within friendships can feel irritating or confusing! Sometimes it can be helpful to address drama directly with those who are involved. Using "I" statements rather than "You" statements can be a productive way of bringing up conflict.. For example: 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?" 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. If your friends' behavior doesn't change after an open and honest conversation, it could be helpful to take some time to consider whether or not these are friendships you'd like to continue.

**Q: What if my friend lies to me alot. But I still talk to them and they lie to me a looooooot as in every day?**

**A:** Being or feeling lied to by someone that we are close to and trust can bring up a lot of different feelings such as confusion or sadness. While we cannot change another person's behaviors or force another person to stop lying, we can use open and honest communication to let them know how their lying is impacting us. Letting your friend know how their behavior makes you feel by using "I" statements can be a way to help your friend better understand how you are feeling. This can look like saying, "it makes me feel sad when you lie to me, can we talk more about this?" You cannot control how your friend reacts but engaging in open and honest communication is a blooming characteristic to have!

**Q: I never wanted to say this but my friends sometimes trusted me they sometime ignore me and tease me and i feel insecure and left out I just want my friend to trust me.**

**A:** We are so 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.

**Q: You're driving a bus. At the first stop, 20 people get on. At the next stop, 33 people get on and 15 people get off. How many people are on the bus?**

**A:** We calculated 38 people! We hope we got it right! 🚌

**Q: Hope you have a nice day**

**A:** Thank you so much for these blooming words, we wish you a nice day too!

**Q: What grows but does not move?**

**A:** A tree? 🌴

**Q: What do these numbers mean? 81954 055**

**A:** They could mean anything! 😬

**Q: I ♥ playing the piano!**

**A:** Playing the piano is a wonderful hobby and can even be a great coping or self-care activity, we're so glad that you found something that you love to do!

**Q: What do you call a chicken with no legs and arms? A egg hahaha**

**A:** What an egg-cellent joke! 🥚

**Q: I have eyes but no head, arms, or legs. A potato**

**A:** This riddle was absolutely mashing!

**Q: I have nothing bad going on**

**A:** We are glad to hear that things are feeling positive in your life right now! :)

**Q: What do you call someone with no body and no nose? No-body-nose!**

**A:** What an earresistible joke!

**Q: I would tell you a joke about pizza but it is too cheesy**

**A:** This is quite the gouda joke! 🧀

**Q: Where do you learn to make ice cream? Sundae school**

**A:** Spending years in sundae school will teach you a lot about ice cream! 🍦

**Q: Why did the cookie go to the doctor? Cause it was crumbled**

**A:** We hope the cookie was able to get batter!

**Q: Why does the world move slow**

**A:** What an interesting question! This is a bit outside of our wheelhouse as we're not scientists or experts of time but we will try our best to answer. Time is something that can be felt differently by every person. Some people experience time/the world moving slowly and some people experience it moving fast and ultimately we all have our own unique experiences!

**Q: What should I do if my best friend doesn't want to be my friend?**

**A:** The ending of a friendship can be a confusing and difficult situation to navigate. When you have a close friendship with someone they become an important part of your life and it can be painful to lose that connection. If your best friend is open to it, you can reach out to them and see if they'd be willing to have a conversation with you about why the friendship is ending. Communication is an important tool we can use to help end a friendship on understanding terms. By communicating our desires and reasoning for wanting to end a friendship, we can give each other closure to move on and hopefully grow from our experience. Closure can be an important part of healing and moving forward with our lives. It is important to remember that you cannot change or control how your best friend feels or how they want to move forward and their decision, even if it is upsetting to you, is one that needs to be respected.

In the meantime, finding ways to cope can be really helpful. This could be talking about how you're feeling with a trusted person, joining a new club or group, writing in a journal, or even coloring or listening to your favorite music. We all cope with things in different ways and at different speeds so be sure to be patient and kind with yourself through this tough process. Find what works for you and always know BLOOM365 is here to support you if needed!

**Q: One of my friends used to talk sm, but now she's really quiet. I don't know if she feels left out or maybe has some problems. So idk how to know why if she feels left out or sm.**

**A:** It can feel confusing or difficult when we notice a change in behavior in someone that we care about. Reaching out to our friends and checking in on them can be a really supportive way to let them know that you care about them and their wellbeing. This could look like waiting until the two of you have some alone time and saying something like, "hey, I've noticed that you have been really quiet lately. I care about you, is there something going on that you'd like to talk about?"

Your friend may not be ready to share what she's going through right now and while you can't force her to tell you, you can do everything in your power as a friend to let her know you care and that you support her. 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!

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Your friend may not be ready to share what she's going through right now and while you can't force her to tell you, you can do everything in your power as a friend to let her know you care and that you support her. 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!

**Q: Today I had a problem with a bully he called me names and really hurt me alot so I just told the teacher but she didn't do anything. But i forgave him cause maybe he has a problem at home so I forgave him**

**A:** We are so sorry to hear that you have been experiencing bullying. You have done nothing to deserve being bullied and you did the right thing by reaching out to a teacher for support. Your ability to be empathetic and understanding to the experience of the person bullying you is a very caring and blooming trait to have. You are right in that sometimes people may bully because they have been taught that bullying is a normal behavior or they could have or be currently experiencing a difficult situation in their personal lives. However even though these root causes may increase one's risk of becoming a bully, they still can make the deliberate choice to treat people in a caring way instead of in a controlling way and treating you negatively is wilting behavior. Talking with a trusted person about the bullying you experienced can be so supportive in processing what has happened. This could look like talking to a trusted friend or advocate with bloom365 or Teen LifeLine or if talking with others doesn't feel comfortable, journaling about your feelings can also be helpful. We encourage you to take care of your mental and emotional wellbeing and find coping strategies that help to make you feel better. You can always reach out to a bloom365 (1-888-606-HOPE (4673)) or Teen LifeLine (602-248-TEEN (8336)) advocate. We are here for you!

**Q: I've had some trouble this week with getting compared to others by people/family. Getting blamed for things I never did. Getting jumped on/hands on friends. + getting left out**

**A:** It sounds like you've had a tough week. We're sorry to hear about how your week has been going and we're glad that you reached out to talk about it with someone. These experiences can be difficult to navigate and process on your own. Reaching out to a supportive or trusted person in your life for support can be helpful in figuring out how to address these situations and caring for your mental/emotional health. If you'd like to talk more about this, our advocates are here to listen and support - you can reach out to us via our LEVEL Line information listed above. Along with seeking support, we encourage you to use coping or self care strategies such as journaling, doing a physical or creative activity. You are not alone and there is support for you!

**Q: Why can't a cow wear shoes? They lactose**

**A:** This joke was quite amooosing! 🐮

**Q: What do you call a can opener that doesn't work? A can't opener**

**A:** This joke is pretty clever! 😊

**Q: You really helped me tysm!**

**A:** You are so welcome and we're so glad our doses were helpful to you! :)

**Q: My friend gossips about people and I don't know how to help**

**A:** Being in situations where rumors or gossip are happening can feel really uncomfortable. If it feels safe to do so, sometimes addressing the person who is gossiping directly using conflict resolution skills such as direct communication and "I" statements can help to ease conflict. This can be telling your friend something like, "I feel uncomfortable when you start gossiping about others, can we please talk about something else instead?" rather than saying something like, "Why are you always gossiping?" 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. It is important to remember that how your friend reacts is the conversation is their choice, and we cannot control that. You making the effort to have these healthy conversations with friends show great blooming characteristics!

**Q: What do you do your friend (ex friend) always finds a way to blame you? (friend of 5 years)**

**A:** Being in a friendship with someone who blames you or makes you feel uncomfortable can be a very stressful isolating experience. If it feels safe to do so, it can be helpful at times to communicate how you feel using clear and honest communication like "I" statements to let this friend know how their actions are impacting you. It's important to remember that how this friend reacts is not a reflection of you or something we can control and that practicing healthy communication is how we grow blooming relationships with ourselves and others. We also encourage anyone in this type of situation 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. Other coping skills like writing in a journal, yoga, joining a new sports team or club, or simply spending time outside can also be helpful. Take some time to find what works for you!

**Q: I write in a journal every night**

**A:** Journaling is an amazing coping skill that can be helpful in processing our emotions in healthy ways! It can also be a creative activity too and you can use journaling to write stories, make personal goals, or explore other creative hobbies. We're so glad to hear that you have a coping skill like journaling that you can use every night!

**Q: Last weekend I planted flowers and went to my cousins baby shower. But I am kind of stressed about my grades and if I'm going to get honor roll**

**A:** It sounds like you've had such a fun and connecting weekend! Thank you for sharing that with us. :) Being stressed about academics can be a normal experience for a lot of students but if you find that your stress is constant and is impacting your physical and emotional health, we strongly encourage you to reach out to a trusted person such as a family member, teacher, or school counselor for support. Good grades are nice but your health is the most important!

**Q: What if I feel like I have no one to talk to that won't tell anyone or feel like hurting yourself mentally or physically**

**A:** It sounds like you are feeling a lot of intense emotions and we are sorry to hear that you are feeling this way. Sometimes when we are feeling large emotions it can feel like we are alone or that we don't have anyone to talk to and thoughts of self-harm can sometimes be used as a coping skill to deal with these hard feelings. No matter if you're feeling extreme feelings of loneliness or sadness or struggling with thoughts of self-harm, please know that there are people who want to support you and help is available. It might be helpful to identify healthy coping mechanisms and forms of self-care that you can do instead when you have those thoughts or urges. 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. Other trusted adults such as school social workers and counselors or bloom365 advocates are also here to support. We are here for you!

**Q: In my friend group, I have 4 people, but one of my friends wants one of her other friend to join and hangout with us. I really don't like her other friend. She doesn't make me feel or act like I normally do and I wouldn't talk as much anymore when she's there. I feel like she's really cringe but I don't want to be mean and say that. She kind of ruins my friend group but my other friend really likes her.**

**A:** Navigating social situations within friendships can feel tough to figure out! There can be different personalities and expectations that can take some time and effort to understand. Using healthy conflict resolution skills such as "I" statements to communicate openly with our friends can be a helpful way to build understanding. If you feel safe and comfortable doing so, using "I" statements can be helpful in communicating our feelings and allowing the other person to empathize with us. Talking with your friend directly about how you feel about the changes in the friend group while being kind and non-judgemental about her other friend can be helpful in figuring out a way to navigate these changes. This could look like saying, "I've been feeling uncomfortable with the recent changes in our group, could we make some



time to talk and figure out a solution that works for everyone?” 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.

**Q: I've been feeling left out of everything and i feel like my friends hate/don't like me, they make me have 0 self esteem**

**A:** We are so sorry to hear that you have been feeling this way with your friends. If you feel comfortable doing so, reaching out to your friends about how you're feeling could be a helpful thing to do. You can use "I" statements and other healthy communication skills to let your friends know how you've been feeling. 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. If your friends' behavior doesn't change after an open and honest conversation, it could be helpful to take some time to consider whether or not these are friendships you'd like to continue. We encourage you to reach out to trusted people in your life like family, school counselors, or other close friends for support as you process what you're going through. Our advocates are also here if you'd like to talk more about this - you are not alone!

**Q: I kinda get tired of my friend drinking out of my water bottle and I've asked her and said to stop and she doesn't. I would say who it is but I don't want her to get in trouble.**

**A:** That sounds like a frustrating situation! When someone doesn't respect our boundaries even though we have asked them to stop, it can bring up feelings of irritation. It could be helpful to let your friend know in a clear and direct way using "I" statements how you feel when she drinks out of your water bottle. This could look like saying, "I feel frustrated when you drink out of my bottle even though I've asked you to stop. Could you please stop?" If she still doesn't stop, it might be helpful to get support from a trusted adult at school in navigating this conversation with your friend.

**Q: I'm going through something really stuff and I let my anger out on I feel really bad about it**

**A:** Thank you for sharing something so personal and vulnerable to you. Controlling anger can be a challenge for many people and is something that can be changed with skills and practice. Finding ways to cope with our emotions in healthy ways could be helpful in addressing anger issues. Some coping skills can include talking to a friend or trusted adult, journaling, or even going for a walk. Calming strategies like taking a break or taking space when you're angry, taking some deep breaths, or counting to ten can be helpful ways to try easing your feelings of anger. Sometimes it can be helpful to talk to a professional, like a counselor or social worker for additional support in navigating anger issues. We encourage you to try some different strategies for calming and coping to find what works for you, and always know BLOOM365 is here to support you if needed!

**Q: Are you going to be here next year?**

**A:** We hope so! :)

**Q: I feel not so good.**

**A:** We are so sorry to hear that you're not feeling so good! If you'd like to talk more about how you're feeling and would like support in navigating these emotions, our advocates are here to listen and support you. You can reach out to us via our LEVEL Line at 1-888-606-HOPE (4673).

**Q: I'm good at math. I hate social studies and science. I have a pet beagle.**

**A:** Thank you for sharing these blooming facts about yourself with us! It's so awesome to get to know you better!

**Q: My friend gets mad at me for no reason and it just annoys me. What should I do**

**A:** Using healthy conflict resolution skills such as "I" statements to communicate openly with our friends can be a helpful way to build understanding. If you feel safe and comfortable doing so, using "I" statements can be helpful in communicating our feelings and allowing the other person to empathize with us. We recommend using the format: "I feel \_\_\_\_ (emotion) when \_\_\_\_\_ (situation/action), can we please \_\_\_\_\_ (resolution)?" This style of conflict resolution allows you to take ownership of your own feelings, allowing the other person to understand your perspective of the situation without feeling directly attacked. If you find that your friend is not open to talking in a healthy way or things do not change within your friendships despite using skills such as "I" statements, you may want to take some time to consider if these are friendships that are blooming for you. Friendships can be a complicated relationship to process, if you'd like to talk more about this, you can reach out to one of our advocates at the LEVEL Line above.

**Q: What if I want to hurt myself physically? What if I pretend to be happy or to do or act different than I really am. So people like me better or just be my friend because I don't act myself.**

**A:** We are so sorry to hear that you are feeling this way, it sounds like you're carrying a lot of intense feelings. We're glad that you reached out. If you are experiencing extreme feelings of loneliness, sadness, or despair, please know that help is available and you are not alone. There are people who want to support you. Organizations such as Teen Lifeline and the Suicide Prevention Lifeline as well as school staff such as school counselors and social workers are great sources of support and information in navigating intense emotions like those you may be experiencing. If you're struggling with finding effective coping tools, looking for mental health resources, or simply needing an empathetic ear- our bloom365 advocates are here for you too! Please make the call or send us a text. You are never alone and we encourage you to reach out if you are experiencing thoughts of self-harm or depression.

**Q: Sometimes you have to leave people that are toxic and find new friends, or people. And focus on yourself and fix yourself first before you put yourself through more stuff. And learn you have to sometimes let people out your life for mental health, if that person destroyed it.**

**A:** These are such thoughtful and inspirational words! Thank you for sharing these words with us and we hope they bring just as much support to others who read them as they did us!

**Q: I like when you come I think all of us do**

**A:** Thank you so much for this kind compliment! We like coming in just as much as you all like having us! :)

**Q: Thank you for everything you did today**

**A:** You are so very welcome! :)

**Q: Thank you for everything**

**A:** Of course, we're happy to do so!

**Q: I love when you teach us! Thank you so much!**

**A:** Thank you so much for having us! :)

**Q: Your the best Julisa! I'll miss you! =) Your the only person that teaches me about emotions and what we can do. Thank you!**

**A:** What a sweet and blooming compliment!! Julisa is such an awesome and amazing part of our team, we will be sure to pass this along to her! :)

**Q: One of my friends is always starting drama so were not friends anymore but she always rolls her eyes and dusk stars. I don't know what to do? What should I do? Should I let it go? Thank you for understanding.**

**A:** We are sorry to hear about what has happened with your former friend. It can feel uncomfortable or frustrating to be on the receiving end of wilting behavior from someone that you used to be friends with. We encourage you to respond in whatever way feels safe and comfortable to you. This could be to ignore the behavior, create physical space between you and this former friend, or to address the behavior directly with her. This could be saying something like, "I feel (emotion) when you (roll your eyes/other behavior) at me, can you please stop?" rather than saying something like, "Why are you always being rude to me?" 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. It is important to remember that how your friend reacts is their choice, and we cannot control that. You making the effort to have these healthy reactions to conflict show great blooming characteristics!

**Q: This girl in my class named (name redacted) is mean and she calls me and my friends bad names and we said we don't want to be her friend but she still hangs around**

**A:** We are sorry to hear that you and your friends are going through this. You all deserve to be treated with respect and kindness at school. One way that you can let this person know how you feel and to stop is to use "I" statements. This can look like saying something such as "I don't like it when you call me and my friends these awful names. Please stop or I will tell a teacher." Creating physical space between you and this person can also be helpful. If this person does not stop despite you talking with them, we strongly encourage you to reach out to a trusted adult at school and share with them what you're experiencing.

**Q: If my friends don't support me in a decision what should I do?**

**A:** It can be hard when you don't feel supported in a decision by your closest friends. 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 things don't change despite you telling them how you feel, you may want to take some time to think about whether this is a friendship that you'd like to continue. You cannot control how your friend reacts but engaging in open and honest communication is a blooming characteristic to have!

**Q: Some people think I like someone but I don't because he's my bully I would like to talk about it with you**

**A:** We are so sorry to hear that you are being bullied. You deserve to feel safe and welcome at school. We are glad that you reached out to us and our advocates are absolutely hear to talk with you. You can reach out to an advocate at our LEVEL Line by phone/text at 1-888-606-HOPE (4673) or by online chat at bloom365.org. Our line is open from 5-9PM, Monday-Friday. If there is a specific advocate that you'd like to speak to just let us know and we will get you connected. We are here for you!

**Q: My friends dumped me over text and they still talk trash about me but I still want to be their friend and there in my class and they always give me gross looks.**

**A:** We are so sorry to hear that you are going through this in your friendship. Using healthy conflict resolution skills such as "I" statements to communicate openly with our friends can be a helpful way to build understanding. If you feel safe and comfortable doing so, using "I" statements can be helpful in communicating our feelings and allowing the other person to empathize with us. We recommend using the format: "I feel \_\_\_\_ (emotion) when \_\_\_\_\_ (situation/action), can we please \_\_\_\_\_ (resolution)?" This style of conflict resolution allows you to take ownership of your own feelings, allowing the other person to understand your perspective of the situation without feeling directly attacked. If you find that your friends are not open to talking in a healthy way or things do not change within your friendships despite using skills such as "I" statements, you may want to take some time to consider if these are friendships that are blooming for you. Friendships can be a complicated relationship to process, if you'd like to talk more about this, you can reach out to one of our advocates at the LEVEL Line above.

**Q: There is a girl who keeps drawing the line by hanging out with her ex friends & keeps talking behind our backs. I told her that I don't wanna be friends, but she keeps annoying or giving me dirty looks. What should I do?**

**A:** Being on the receiving end of gossip can be a frustrating situation to be in. Sometimes it can be best to confront the gossip directly by talking with the person who has started it. This could 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?" 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. It is important to remember that how another person reacts is their

choice, and we cannot control that. You making the effort to have these healthy conversations shows great blooming characteristics!

**Q: I am not friends with my friend anymore and she keeps on being rude to me.**

**A:** We are so sorry to hear that your former friend is being rude to you. It can feel uncomfortable or frustrating to be on the receiving end of wilting behavior from someone that you used to be friends with. We encourage you to respond in whatever way feels safe and comfortable to you. This could be to ignore the behavior, create physical space between you and this former friend, or to address the behavior directly with her. This could be saying something like, “I feel (emotion) when you (roll your eyes/other behavior) at me, can you please stop?” rather than saying something like, “Why are you always being rude to me?” 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. It is important to remember that how your friend reacts is their choice, and we cannot control that. You making the effort to have these healthy reactions to conflict show great blooming characteristics!

**Q: Some times I feel like I can't do thing and makes me sad.**

**A:** We are sorry to hear that you are feeling this way. We're glad you reached and shared how you're feeling with us. If you'd like to talk more about how you're feeling and would like support in navigating these emotions, our advocates are here to listen and support you. You can reach out to us via our LEVEL Line at 1-888-606-HOPE (4673).

**Q: Me and my friends came friends again then they dumped me again and in ur class u said have you ever been mean to someone they said quietly in the back then started laughing**

**A:** That sounds like a really irritating experience to go through, we are sorry that this happened to you during our doses. If you feel safe and comfortable doing so, using “I” statements can be helpful in communicating our feelings and allowing the other person to empathize with us. We recommend using the format: “I feel \_\_\_\_ (emotion) when \_\_\_\_\_ (situation/action), can we please \_\_\_\_\_ (resolution)?” We encourage you to explore some coping strategies such as talking with a trusted person, figuring out ways to avoid interacting with them, or seeking coping strategies or seeking support from a trusted adult. Find what works best for you and know that bloom365 advocates are also here to support!

**Q: I don't know what to do because boys named (name redacted) and (name redacted) physically bullies me but I still kinda want to be friends with (name redacted), but at the same time, I don't. What should I do?**

**A:** We are sorry to hear that you have experienced this from those you consider friends. You are deserving of respect within your friendships. If it feels safe to you, you can try to have a conversation with them about how their actions make 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)?” Another thing you can do is talk to a trusted adult at school, and see about having the conversation with your friend, together. However if the bullying escalates or doesn't stop, we encourage you to take a look at the [blooming and wilting flowers](#) to determine if these are friendships that are

healthy for you. Your physical safety is important so we encourage you to do whatever makes and keeps you safe!

**Q: There is a “friend” who always gives me dirty looks. But then is nice to me, then ignores me again. What should I do to make her stop? If I talk to her my friends will think I friends with her. I’m very confused...**

**A:** That sounds like a very confusing situation. It could be helpful to address the situation directly with this “friend” to reach a better understanding. If you feel safe and comfortable doing so, using “I” statements can be helpful in communicating our feelings and allowing the other person to understand us. We recommend using the format: “I feel \_\_\_\_ (emotion) when \_\_\_\_\_ (situation/action), can we please \_\_\_\_\_ (resolution)?” This style of conflict resolution allows you to take ownership of your own feelings, allowing the other person to understand your perspective of the situation without feeling directly attacked.

**Q: Help I feel like I'm losing all my friends their all ignoring me they told me one time I'm annoying. I hate when people say that. In PE someone got hurt I helped them someone tied her jacket around his foot then pulled it. I felt so bad he was crying and that happened to me I got yelled at and in trouble I did terrible so I got my phone taken away. What can I do to not get in trouble and earn my friends?**

**A:** It sounds like you’re going through a lot. We’re glad that you reached out to us and to share what you’re going through. Changing our wilting behaviors is possible especially with the support of a school counselor, social worker, advocate, or other trusted adult. 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. A meaningful apology can go a long way! Apologizing to your friends about your wilting behavior using the format “I am sorry for (action) and that I made you feel (impact of action). I will change my behavior by (changed/blooming behavior).” We encourage you to reach out to a trusted person like a friend, family member, or school staff for additional support. You are not alone and there is support available!