



Elephant in The Room Q & A

Metro Tech HS
Spring 2023

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

Resources:

For additional resources, please visit bloom365.org/resources

<p>BLOOM365 HelpLine</p>	<p>For free, confidential support: Text/Call: 1-888-606-HOPE (4673) Monday-Friday from 3PM-9PM (MST)</p> <p>To reach a specific advocate directly, please feel free to contact our HelpLine and tell us who you would like to speak to.</p>
<p>Teen Lifeline</p>	<p>Text or call 602-248-TEEN (8336) for free, confidential support 24/7 relating to suicide, depression, bullying, or relationships.</p>
<p>National Teen Dating Violence Hotline</p>	<p>Text "LOVEIS" to 22522 24/7</p>
<p>National Domestic Violence Hotline</p>	<p>1-800-799-SAFE (7233)</p>
<p>National Sexual Assault Hotline</p>	<p>1-800.656.HOPE (4673)</p>
<p>Suicide Prevention Lifeline</p>	<p>1-800-273-TALK (8255)</p>

***Content Warning:** For some, Elephant in the Room Cards are places where they might disclose trauma, violence, or harm. We encourage you to proceed with caution if you have experienced power-based violence or abuse of any kind. If you need support, you can reach out to the Hotlines listed above.

Q: Student

A: BLOOM365 Advocate

Q: I like the way the guest speaker, Noa, presented the introduction to bloom

Related Q: I like how she wasn't afraid to talk about dating relationships and was really comfortable

A: Thank you for this blooming feedback about Noa! She is a wonderful part of our team and we're glad that you enjoyed having her in your class ❤️

Q: I am but two days old.

A: Welcome to the world! We're glad you're here!

Q: Why do people have toxic tendencies?

A: There are a number of root causes for why someone might engage in toxic or choose to use power and control over someone else. Some people may have been taught that this behavior was normal or acceptable or have been exposed to violence at home. Rigid beliefs 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 their partner in an attempt to feel better. Remember, though, that even though these root causes may increase one's risk of perpetrating toxic or abusive behavior, they still can make the deliberate choice to have relationships based on freedom and equality. 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. With commitment, intention, and additional support - it is possible to change wilting behaviors into blooming ones!

Q: I've had a lot of situations like this like for example, the first day of school everyone is akaere (?) and no one wants to participant at all

A: There's so many different reasons why people may feel nervous to participate in a discussion or class! Some may feel shy or nervous, others may be taking time to process the information shared with them, and some people just don't want to talk. One of our main priorities is making sure that everyone feels safe and comfortable during our doses so we encourage folks to show up in whichever ways feel the most natural and comforting to them!

Q: <3 Don't hurt yourself, someone cares about you

A: Thank you for sharing these loving and caring words! Self-harm is sometimes used as a coping skill to process intense emotions and experiences. If anyone experiencing self harm is struggling with finding effective coping tools or would like to talk more about this, we encourage you to reach out to our HelpLine or to other organizations such as Teen LifeLine at the numbers above! Even if you simply are needing an empathetic ear or are looking for mental health resources, please make the call or send us a

text! You are never alone and we encourage you to reach out if you are experiencing suicidal, self-harm or depressive thoughts.

Q: How do I make my mom happy and help her so she doesn't relapse?

A: Thank you for reaching out and sharing your experience with us. Topics such as substance abuse can carry a lot of stigma that can make it difficult for those with those experiences to talk about it. It can be very difficult to watch someone you know go through addiction/substance abuse and we understand wanting to help your mother through this process. Please know that it is not your responsibility to “rescue” your family member, but there are some ways you can support her 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 Substance Abuse and Mental Health Services Administrations (SAMHSA)'s helpline at 435748 (HELP4U) to receive referrals to services. Your mental and emotional wellness is so important and we encourage you to find coping strategies or other resources to support you in this journey. Our advocates are here to offer any support that you may want or need, you can reach out to us at the HelpLine information above.

Q: Why can't I have a normal conversation with my guy friend w/o him making it sexual

A: We are sorry to hear that you are experiencing this with your guy friend. You deserve to have your boundaries respected. Consent is so important because no one should ever be forced to do anything that they do not want to do. Consent is a huge part of agency and all the rights that we have as individuals. If your friend pressures you or threatens to end the friendship with you because you don't consent to a sexual conversation, it's a sign that you're in an unhealthy friendship and it might be time to reconsider if this is a friendship that you'd like to continue. If you would like to talk with a BLOOM365 advocate further, feel free to reach out to our number listed above.

Q: When I was 12 I was sexually harassed and I still haven't gotten over it.

A: Thank you for trusting us with such a deeply personal and vulnerable experience. We are sorry for what you have experienced. What happened to you is not your fault and you have done nothing wrong. Processing a traumatic event such as sexual assault or harassment can bring up a lot of intense emotions and how a person reacts is person and unique to them. Healing from sexual assault will look different to each survivor. We encourage you to reach out to an advocate from RAINN to receive free non-judgemental support and resources for navigating such a traumatic experience. BLOOM365 advocates are also here to offer support in the healing journey, you can reach out to us at our HelpLine at the information above. You are not alone and we are here for you!

Q: How's your day going

A: Our day is blooming and fantastic! Thank you for asking, we hope you are having a great day! :)

Q: Hi

A: Hello there! :)

Q: Stereotypes could be a barrier

A: You are so right! Stereotypes can definitely be a barrier to healthier connections and can make it difficult for survivors to reach out for the support they need and deserve. Unhealthy stereotypes are rules or beliefs on how certain groups of people should behave or be treated. 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. Sometimes stereotypes or norms are in place because society wants to limit the rights of a certain group of people. We can engage in productive conversations that break down some of these unhealthy gender stereotypes to work together for justice and equity!

Q: What has a neck but no head? A water bottle! What has 13 hearts but no organs? A deck of cards!

A: A two-in-one, nice!! Thanks for sharing! 😊

Q: I miss her.

A: When we invite people into our lives, they become intertwined with our daily activities. We tend to look at the good memories, and when we reflect on them it makes us miss the person. While ending a relationship of any kind can be tough, it can be a great time for self evaluation and growth. Be patient and give yourself time for your heart to heal. Getting over a break-up could take days, weeks or even months. Finding ways to cope can be really helpful. Find what works for you, and always know BLOOM365 is here to support you if needed!

Q: Why did you start bloom

A: BLOOM365 was started by our founder, Donna Bartos, to prevent teen dating violence before it starts and to increase the safety and wellbeing of this generation of youth to the next. You can learn more about our story [in this video!](#)

Q: How can I fit in and stop being bullied/cyberbullied?

A: We are so sorry to hear that you are being bullied. It was not your fault what you are experiencing and we are glad that you shared what you are going through with us. Some people who bully will do so because this type of abusive behavior is normalized to them, or to try to gain or maintain power and control over someone else, or because they have their own unresolved insecurities. These reasons do not excuse bullying behavior, but understanding them can help victims of bullying to not blame themselves for what has happened to them. We want you to know that you are not alone and there are resources available to support you. We always encourage you to reach out to a trusted adult at school or at home. This can be a trusted school counselor or an advocate at Teen LifeLine. There are also support groups and/or clubs that you could join where you can connect with other youth who are going through similar experiences. Take some time to find what works for you and know that you can always reach out to a bloom365 advocate at the Helpline information above. We are here for you!

Q: Why is the rate of depression gone higher for teens

A: This is such an important question, we appreciate you asking. There are a few different factors that have contributed to depression rates rising among teens. Recently, mass events such as the [COVID-19 pandemic](#) have had a huge impact on the rates of depression among teens. There are other factors that

can contribute to the onset of depression such as genetics, trauma, witnessing violence, and many other experiences. Some signs that someone might be experiencing depression include: Loss of interest in activities previously enjoyed, withdrawal from friends/family, sleeping too little or in excessive amounts, and sometimes more drastic changes in behavior. If these symptoms are present for most of the day over more than two weeks, this may be a sign that it's more serious than just feeling sad.

If you or someone you know is experiencing depression or extreme feelings of loneliness, sadness, or despair, please know that help is available. Although we do not specifically work with teens experiencing depression, we are always here to listen! We do work alongside a few organizations that specifically help youth experiencing depression, including Teen Lifeline and the Suicide Prevention Lifeline. You can contact them at the numbers above for additional support relating to depression. School social workers and counselors are also a great source for information on dealing with depression. BLOOM365 Advocates are also available at the number above if you'd like additional support or resources. We are here for you!

Q: Should you ever forgive someone that abuse you so bad that it's hard to trust

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

Q: Where did you get your shirts at? Also i like your shoes

A: Thank you for the blooming compliments! We are so glad that you like our t-shirt designs. If you'd like to see our other designs and merchandise or purchase any you may like, you can go to our [online shop!](#)

Q: Does this program relate to other relationships like, parents, besides just teen relationships?

A: While bloom365 primarily focuses on the experience of teen dating violence and relationships, the resources and tools that we share regarding cultivating healthy relationships can definitely be applied to all different types of relationships - platonic, familial, even academic!

Q: I curse my stars in bitter grief and woe, that made my love so high and me so low.

A: Shakespeare better look out! What beautiful poetry!

Q: Why can't the partner getting abused just leave the other partner, like what da fard -(name redacted)

A: We should first understand the barriers to leaving an abusive relationship (fear, love, dependency, and insecurity). Think of these barriers as hooks. It's not easy to un-hook them all at once and we understand that it can be difficult to leave an abusive relationship, especially when we have hope that the abuser will change or eventually stop. It's important that we don't blame the victim.

Victim-blaming is when survivors/victims of violence are blamed for what has happened to them instead of the blame being shifted to the one who has caused harm. Victim-blaming can be a huge

barrier to getting help for survivors/victims. There are quite a few reasons as to why people engage in victim-blaming that are shared within [this article by VeryWellMind](#). Understanding why people engage in victim-blaming behavior can help us in working together to address and challenge it when we see it. When we work together to challenge victim-blaming, we can create a world where victims feel empowered to access the services and resources they need.

Q: If you are in a relationship do you consider it a healthy relationship? If not how has bloom helped you or your partner be better.

A: Our team learns just as much about how to cultivate healthy relationships as the students who attend our doses! Tools such as the [Blooming and Wilting Flowers](#) have been so supportive in helping us to determine what are the blooming components that are important to us within our relationships and what are the red flags that we aim to be aware of so that we can stop harmful or abusive cycles before they happen. Being a part of the team of bloom365 has also given us so many awesome tools for navigating conflict in healthy ways. We find that our resources not only help us in our romantic relationships but in all relationships in our lives!

Q: I'm scared I will become an abuser again. I emotionally abused a boy for 2 months after he did the same to me for over a year, he only stopped because I started, I only stopped because he ended the friendship. I was grown up with parents who hit each other so I have hit when I'm upset. I'm scared I will hit my boyfriend, he understands but that doesn't make it okay

A: Toxic and other harmful behaviors can be changed. If a person is willing to see their behavior as harmful, they can make the choice to change that behavior. Being self-aware of your behaviors and seeking the support of a counselor, social worker, advocate, or other trusted adult can be extremely helpful in the journey of changing toxic or abusive behavior. Coping strategies such as journaling, talking with trusted people about your feelings, and using healthy conflict resolution skills along with additional support from a professional can be useful tools in changing harmful behavior. Our advocates are here to help as well, we encourage you to reach out to us at the HelpLine information above if you'd like to talk more about this. With commitment, intention, and additional support - it is possible to end the cycle of abusive behavior.

Q: (name redacted) tells her ex to stop on IG, but he says "don't talk to me" she's saying her boundaries

A: Telling another person to stop their toxic or harmful behaviors and/or blocking them from contacting you is definitely a great way to state boundaries over social media sites like Instagram. If someone is repeatedly calling or texting another person's phone or is constantly "checking up" on the other person, this could be a red flag for a potentially unhealthy or abusive relationship. [The Office on Violence Against Women \(OVW\)](#) defines stalking as someone engaging in a course of conduct directed at a specific person which causes this person to fear for their own or others' safety and to experience emotional distress. Harassment is a way of trying to control or get power over someone else in an unwanted way. If you or someone you know is experiencing these things, we highly encourage you to talk to a trusted adult about what's going on. For free, confidential support, you can reach a BLOOM365 Advocate at the number above.

Q: I like what we were talking about today because it teach people to be more careful of what they say

A: Thank you for sharing this feedback with us! We are glad to hear that you have enjoyed the conversation!

Q: Today's lessons were really interesting. The thing I liked about these lessons is that there was no "sugar coating"

A: Your feedback is so helpful in making sure that our content is important and relevant! Thank you for sharing!

Q: Knock knock. Who's there? Barbie. Barbie who? Barbeque

A: Very clever!! 😊

Q: How can I help someone who is using drugs to avoid their problems?

A: Substance abuse and misuse is a common experience for many people, and your friend is not alone in feeling this way. There are resources available to support your friend as they navigate through these intense feelings. The Substance Abuse and Mental Health Services Administration (SAMHSA) has a free confidential Helpline that provides information and referrals about substance misuse. You can reach them by phone at 1-800-662-HELP (4357) or by texting your zip code to HELP4U (435748). Our advocates are also here to provide additional support, please feel free to reach out to us at the information above. We cannot make people get help if they do not want to, but we can do everything in our power to help our friends feel supported. Sometimes our friends are not ready to accept the help we would like to offer them. 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: I want to go home... but it doesn't feel like home anymore... I don't know where to go...

A: We are sorry to hear that you are feeling this way. 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 to support you in accessing these or other resources that can support you. You are not alone and we are here for you!

Q: Can abusive people change and be good?

A: If a person is willing to see their behavior as harmful, they can make the choice to change that behavior. Being self-aware of your behaviors and seeking the support of a counselor, social worker, advocate, or other trusted adult can be extremely helpful in the journey of changing toxic or abusive

behavior. Coping strategies such as journaling, talking with trusted people about your feelings, and using healthy conflict resolution skills along with additional support from a professional can be useful tools in changing harmful behavior. Ultimately, it is up to the abuser person to recognize their actions and to make the choice to change their behavior.

Q: Word of the day: don't walk miles for someone who won't walk 2 steps for you.

A: What awesome advice, thank you for sharing!

Q: How do I tell my friend he is toxic without losing him?

A: We are sorry to hear about your experience with this friend. If it feels comfortable to do so, you can try communicating with your friend about how his 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 his 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.

Q: Hi

A: Hello there!

Q: Thank you bloom!

A: You are so welcome! We are so glad that we had the opportunity to visit your school community! :)

Q: Stay strong, you got this!

A: We love these encouraging and blooming words!

Q: Beauty comes from the inside not the outside

A: What wise words to share!

Q: Does the school send suicidal people to the psych ward?

A: We can't speak for the specific policies of Metro Tech High School but in general schools do not have the legal power to send suicidal students to psychiatrist facilities. As mandated reporters, school personnel are required to report to the proper authorities if a student has expressed wanting to harm themselves or others or if there are concerns of abuse or neglect. This could look like contacting the student's parents or guardians, law enforcement, or a child protection agency. If you'd like to know more about your school's specific policies regarding mandating reporting or supporting suicidal students, a school counselor or social worker will be able to walk you through the process and provide additional resources.

Q: Have you been in a relationship? What is sex?

A: Romantic relationships can be a common experience for some and can look different for every couple. Regarding the question of what is sex - that is a bit outside of our expertise and is a conversation that is best had with your family or other trusted adults! However we want to emphasize that consent is required each and every single time an act of sex is initiated, even in a long-term relationship. For someone to give consent they cannot be under the influence of drugs or alcohol. Consent is so important because no one should ever be forced to do anything that they do not want to and is a huge part of agency and all the rights that we have as individuals.

Q: Does argument = parent in control?

A: We are not sure what this question is asking but arguments can be used as a means of controlling another person. A productive argument makes use of “I” statements rather than “You” statements. 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. This prevents them from feeling like they need to defend themselves and allows for more effective communication. If an argument does not utilize these healthy communication tools or delves into yelling or name-calling, it might be best to find ways to safely remove yourself from the argument. If you’d like to talk more about this question, please feel free to reach out to us at our HelpLine at the information above.

Q: I’m tired... I have to focus on school, and not them.

A: Losing someone you had a good connection with can be very painful. Especially if we have known that person for a really long time and/or had history with them. While ending a close relationship can be tough, it can be a great time for self-evaluation and growth. Finding ways to cope can be really helpful. For example: Spending time with the people you love, writing in a journal, yoga, joining a new sports team or club, or simply going for a walk. Giving yourself time to process feelings and emotions is important. It’s also important to be kind to yourself and to be patient and give yourself time for your heart to heal. We all cope with things in different ways and at different speeds. Find what works for you, and always know BLOOM365 is here to support you if needed!

Q: 😞 people when girls stand up about being sexualized

A: Conversations around the sexualization that many teen girls experience can be difficult to engage in. Unhealthy gender norms regarding how teen girls should and shouldn’t present are very common in our society. These ideas go back many years and historically it has been passed from generation to generation. They can lead to objectification which means to treat someone as an object or thing and not as a person. We know that rigid belief in unhealthy gender norms contributes to power and control in our relationships. Sometimes stereotypes or norms are in place because society wants to limit the rights of a certain group of people. When we engage in productive conversations, we can break down some of these unhealthy gender stereotypes to work together for justice and equity!

Q: How can I seek help for my dad that is emotionally abusive but doesn't know that what he does is abuse? He is in denial because he thinks that abuse is only physical

A: We are so sorry to hear what you are experiencing with your dad. It can be very difficult to watch someone you know as a perpetrator in an abusive relationship, and we understand you wanting to get help for your dad's behavior. Toxic and other harmful behaviors can be changed but it is up to your dad to be willing to see his behavior as harmful and commit to making the choice to change his behavior. Please remember that it is not your responsibility to change him and he has to make the choice for himself. A counselor, social worker, advocate, or other trusted person can be there to help if the person causing harm is willing. Ultimately, it is up to them to recognize their actions and to make the choice to change their behavior. Being at home with family who engage in harmful behaviors can be a very stressful and sometimes isolating experience. We encourage you 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, yoga, joining a new sports team or club, or simply spending time outside can also be helpful. Our advocates are also here to offer support. Please feel free to reach out to us at the information above, we are here for you!

Q: My dad abuses my mom but for some reason she does not want to reform him. Is there any way through bloom365? I'm not sure what I should do.

A: We are so sorry to hear about what your mom and family are going through at home. It can be very difficult to watch someone you know as a victim in an abusive relationship, and we understand wanting to help them. Please know that it is not your responsibility to "rescue" your family members, 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. BLOOM365 advocates are here for you if you'd like to talk more or access support for yourself as you navigate this situation, please feel free to reach out to us via our LEVEL Line at the information listed above.

Q: Gets mad and depressive when I try to move on

A: We are sorry to hear what you are experiencing. You have the right to set boundaries and to end a relationship, and you are not responsible for how another person reacts to that decision. If you do not fear for your safety, you may try to communicate how you feel using "I statements", letting them know that you believe this relationship isn't beneficial for you and you'd like to go your separate ways. However, if your partner is unwilling to let you leave and/or continues to not take you seriously, we encourage you to reach out to a trusted adult or BLOOM365 advocate for assistance in safely exiting the relationship. These types of situations can be difficult for a lot of people. We encourage you to explore the coping strategies we discussed during dose 6 and find one that best suits you. This could be spending more time with friends, dedicating time to a new hobby or skill, or getting support from an advocate or

other trusted person. Take some time to find what will work best for you and know that you are not alone!

Q: This program is good!

A: We are so glad that you enjoyed the 7-doses, and that we had the opportunity to visit your school!

Q: Self care always

A: We love to hear this! You're right, self care is so very important. It's not only part of what helps us show up healthily in our relationships, but it's a crucial part of caring for our own wellbeing.

Q: This program is really good! <3

A: We are so thrilled to hear that you find the work that we're doing at bloom365 is beneficial. We are thankful to be able to engage with young people in schools such as yourself :)

Q: What to do if they

A: I am so sorry, but it seems like you were not able to finish writing your question. We definitely want to encourage you to reach out to us on our LEVEL Line (1-888-606-4673) or our web chat feature on bloom365.org.

Q: What do I do if I tell someone to stop doing something and they don't?

A: Setting and maintaining boundaries in any kind of relationship can be uncomfortable and tough. You deserve to have your boundaries respected. It is important to acknowledge that while another person may try to make you feel guilt for setting boundaries, you are not wrong for setting them and you are not responsible for how that person responds. You are not responsible for their reactions even when they make you feel like you are. Your boundaries are valid and important and worth saying. It can feel difficult to enforce your boundaries when others are reacting negatively. If your boundaries are not being respected, it could be helpful to consider whether a relationship with this person is one that you want to continue or if getting the support from a trusted adult in addressing the situation might be necessary. If you'd like to talk more about this, our advocates are here to listen and support you! Please feel free to reach out to us on our LEVEL Line by phone or text at 1-888-606-4673 or by web chat at bloom365.org.

Q: How can I make someone understand they are in a toxic relationship?

A: It can be difficult to witness someone go through an abusive or toxic relationship. Taking time to understand the barriers to recognizing or leaving a toxic relationship is an important place to start in providing support. These barriers (fear, love, dependency, and insecurity) are like hooks and they are not to un-hook all at once and it can be difficult to leave an abusive relationship, especially when we have hope that the abuser will change or eventually stop. It's important that we don't blame the victim. In your packet, you can reference the "5 Ways to Help a Friend Going Through Dating Abuse" to start a conversation with the survivor. You can also tear out the extra red flag checklist on page 41 in your workbook and talk to your friend about why you are concerned.

We cannot make people get help if they do not want to, but we can do everything in our power to help survivors feel supported. Sometimes survivors are not ready to accept the help we would like to

offer them. The most important thing we can do is let survivors 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. Providing continual support with a friend is a good idea. Checking in and making sure they know you are there for them even after the initial conversation is a great option. Sometimes it takes more than one conversation to really get through to a friend who is experiencing abuse.