



# Elephant in The Room Q & A

Legacy Traditional Schools: North Phoenix  
Spring 2023

**\*\*This document can also be accessed at [www.bloom365.org/faqs](http://www.bloom365.org/faqs)**

### Resources:

*\*For additional resources, please visit [bloom365.org/resources](http://bloom365.org/resources)\**

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

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

**Q: Student**

**A: BLOOM365 Advocate**

**Q: I don't look forward to a relationship at all**

**A:** Dating and relationships are not always bad - they can be opportunities to practice healthy ways of connecting with others and to get to know yourself better. Loving and healthy relationships can be a great source of support! Because of how important relationships can be to us, when they are unhealthy or abusive it can have a real impact on us. It could be helpful to explore what healthy relationships can look like so that when we are dating someone, we can have all the benefits of a loving relationship. In your workbook, you can find a list of your rights and responsibilities within a relationship. Strong, healthy relationships involve a balance of power in the relationship, as well as freedom, individuality, safety, and boundaries. With support, practice, and self-reflection we can create the healthy and loving relationships we deserve.

**Q: Do people bully because they want to feel cool?**

**A:** Wanting to fit in can be a factor as to why people bully. 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. The most important thing to understand is that we must do something!

**Q: What if someone knows where you live and says they will come to your house and hurt you or your family if you don't listen to them?**

**A:** [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. This includes unwanted touching, comments, yelling, and looks that make someone feel uncomfortable. 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: This isn't a question, but you should talk about grooming, it's a horrible feeling and experience. Scary. Well, yk? A lot of people feel like they "let it happen"**

**A:** Thank you for sharing this important suggestion with us! You are so right in that grooming can be a scary experience and a lot of survivors are blamed instead of receiving the support they need. We will definitely take this suggestion back to our team and work together to address grooming.

**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. The most important thing to understand is that we must do something!

**Q: On the second to last clicker thing I didn't know what it meant and chose, I meant to click a**

**A:** No worries at all, mistakes happen! Thank you for letting us know!

**Q: My baby brother died**

**A:** We are so sorry to hear that your baby brother has passed. We send our deepest condolences to you and your family. We are glad you reached out. Death and the grief that follows are such tough things to go through. Talking about what you're feeling can be so helpful in navigating grief and all the different emotions it brings. We hope that you have supportive people in your life that you can lean on during this time such as close friends, family members, or a school counselor. Joining a support group for those who have experienced the passing of a sibling can be a supportive and connecting place to share your feelings with those who have experienced something similar. Our advocates are also here to support you and if you ever need a sympathetic ear, our advocates are here to listen and you can find us at the LEVEL Line information above. You are not alone!

**Q: How do you say sorry?**

**A:** Apologizing is something that can be difficult to do, especially if you haven't been taught how to apologize in a caring way. Harvard Medical School has a [wonderful article](#) that lists out the effective ways to give a heartfelt apology to another person. These include acknowledging what you've done wrong, expressing remorse, and offering amends. Take a look at the article to learn more!

**Q: Why do I self harm**

**A:** Thank you for trusting us with this vulnerable experience, we are glad that you reached out to us. Self-harm is sometimes used as a coping skill for when we are experiencing something intense or heavy like depression, anxiety, or trauma. It might be helpful to identify healthy coping mechanisms and forms of self-care that you can use instead of engaging in self-harm. Some examples might include: spending time with the people you love, listening to your favorite music, taking a bath, joining a new sports team

or club, or engaging in a creative outlet like writing or coloring. If you're struggling with finding effective coping tools or would like to talk more about this, there is support available. If you simply are needing an empathetic ear or are looking for mental health resources, feel free to reach out to our LEVEL Line or an advocate at Teen LifeLine at the numbers above! You are never alone and we encourage you to reach out if you are experiencing suicidal or depressive thoughts.

**Q: Is it okay feel like you wanna end your life or self harm? Pls answer honestly**

**A:** Feeling like you want to end your life or self-harm can unfortunately be a common experience for some people. Having these intense feelings is not a reflection of who a person is but more of a sign that this is a person who deserves and needs support. If you or someone you know is struggling with thoughts of suicide or self-harm, we want you to know that you are not alone. There is support and resources available and people who want to help you as you navigate these big and sometimes terrifying emotions. There are advocates at organizations such as Teen Lifeline and the Suicide Prevention Lifeline who can provide additional support. Other trusted adults such as school social workers and counselors or community members such as coaches will be happy to support you in receiving information and support for coping with these feelings. BLOOM365 Advocates are also available at the number above if you'd like someone to talk to. We are here for you and you do not have to go through this alone!

**Q: I feel like it is really great to help so much**

**A:** We definitely agree with you! Being able to help and support each other can be really great. When we all work together to help each other, we can work together to make the world a brighter place!

**Q: What if I keep doing it**

**A:** Changing our behaviors can be a more challenging experience than we may recognize. Sometimes it can be difficult to do on our own and we may need the support of others. 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 challenging behavior. Coping strategies such as journaling, talking with trusted people about your feelings, along with additional support from a professional can be useful tools in changing behavior. Our advocates are here to help as well, we encourage you to reach out to us at the LEVEL Line information above if you'd like to talk more about this.

**Q: I get stressed a lot so I use fidgets but some teachers don't approve and when I put it back I get laughed at**

**A:** We are sorry to hear that this is happening to you in class. If it feels comfortable to do so, it could be helpful to talk to your teachers or another school staff member like a counselor about the importance of the fidget toys in helping you to be present in the learning environment. This conversation can help to build understanding between you and your teachers and help to identify some other resources that can also be helpful to you in coping with your stress in the classroom. You are showing a lot of self-reflection and commitment to your self-care by recognizing that you are stressed and finding tools to cope with it. We hope that you will continue to take care of yourself!

**Q: I have no problems right now.**

**A:** We are happy to hear that life is feeling calm and you are not experiencing any problems at the moment! If you find yourself ever needing support in the future, please know our advocates are here to listen and support!

**Q: Have you watched owl house?**

**A:** We have not watched Owl House but we watched [the trailer](#) and it looks like a lot of fun!

**Q: Remember to love yourself and be happy. It's okay to speak out**

**A:** This is such loving and blooming advice! Thank you for sharing this with us all!

**Q: How can someone move with relationships too fast?**

**A:** People cope with things in different ways and at different speeds. Some may need time and support to move on after a relationship while others may bounce back quickly after a relationship ends. It is important to not compare how one person heals to another as every person's healing journey is unique to them. It can be helpful to take some time to find what coping skills work best for you. This can include spending time with the people you love such as close friends or family, writing in a journal, joining a new sports team or club, or listening to your favorite music. Be sure to give yourself time to process your feelings and emotions. It's also important to be patient and kind to yourself as you give yourself time for your heart to heal. If you're still struggling with coping, you can always reach out to a trusted person such as a bloom365 advocate, close friend, or school counselor for additional support!

**Q: I would love some emotional I have huge emotional problems(s)**

**A:** We are so sorry to hear that you are having some big emotional problems. If you'd like confidential support and/or someone to talk to, you can always reach out to our bloom365 advocates at the number above. You can also reach out to other trusted adults such as a school counselor or social worker or family member. You are not alone as you navigate these experiences!

**Q: I love elephants** ❤️

**A:** Did you know that elephants can spend up to three quarters of their day eating?! They're super cool!



**Q: Why did John remove his doorbell? He wanted the no-bell prize.**

**A:** Very very clever!! 😄

**Q: How can I stop being friends with someone who leaves me out makes fun of me a lot and make me feel insecure.**

**A:** We are sorry to hear that you are experiencing this with your friend. 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 feel like with my friend I feel like I'm getting dumped by her or getting annoyed by her like a lot.**

**A:** We are so sorry to hear that you are feeling this way within your friendship. If you feel comfortable doing so, you could use "I" statements to let your friend know how her behavior makes you feel. Your friend may now know that her behavior is harmful or wilting and she may change how she behaves after she knows how it makes you feel. However, if your friend's behavior doesn't change despite you telling her how you feel, you may want to take some time to think about whether this friendship is one that you'd like to continue.

**Q: What if they don't like it**

**A:** We are not sure what this question is referring to but we will try our best to answer. It's important to honor consent because no one should ever be forced to do anything that they do not want to do or like. Consent is a huge part of agency and all the rights that we have as individuals. If someone pressures you or threatens you because you don't consent, it's a sign that you're in an unhealthy relationship. If you would like to talk with a BLOOM365 advocate further, feel free to reach out to our number listed above.

**Q: Can things you watch (like, watching 2 depressing show) effect you? For example, if you watch something violent, can you turn violent eventually from it?**

**A:** The media we consume can have an impact on us. If we watch something sad, we may feel sad too or if we listen to a song with positive lyrics, we might feel positive too. In regards to violent media, the connection between exposure to violent or aggressive media on behavior and mental health has been [widely researched](#). While a connection between the two has been explored, it is important to remember that exposure to violent or other types of media is one of many factors that can influence abusive and other patterns of behavior. If we know that a certain type of media brings up feelings in us that change how we act or behave in negative ways, it could be helpful to take some time to rethink your relationship with it and identify boundaries for interacting with that media in a healthier way.

**Q: How do I tell my aunt to stop telling me that my stomach gets bigger and that she tells me stop eating so much. So I went to go hug her after I come back from spring break and then she told me "whooh! You got big" I answer with "what?" she replied with "your belly is huge" Last story: I was eating a burger and fries and she came with a salad for herself and she said "omg, your eating so much you should eat less" I just got up and cried my eyes out. I have told my mom to ask my dad if he could talk to her she said she will but hasn't.**

**A:** We are sorry to hear that you are experiencing verbally rude behavior about your weight from your aunt. You deserve to feel comfortable in your body and be able to eat whatever food you want without judgment from others, even family. Reaching out to your mom was a great way to address the problem with your aunt. If you feel comfortable, it could be a good idea to remind your mom of her agreement to talk to your dad and emphasize to her how important it is that your aunt stops making comments on your body. If it is safe to do so, you can let your aunt know directly how you feel about her comments

and that you'd like her to stop. "I" statements such as "I feel upset when you make comments about my body and I would like you to stop, can we talk about something else please?" can be a healthy communication tool for getting your feelings across without the other person getting defensive. You cannot control how your aunt reacts but you have every right to have boundaries around the type of comments you'd like and like not to receive from your aunt!

**Q: I need someone to talk about something**

**A:** Our advocates are here to listen if you'd like to talk more about what's going on! You can reach out to us at our LEVEL Line by phone/text at 1-888-606-HOPE (4673) or via web chat at bloom365.org.

**Q: I think that I need help, I've got a pretty bad past and I know how to talk about it... I've gotten raped by the ripe age of 11. I have so much negative coping skills cutting, drinking, self blame, almost smoking/doing drugs, go on dating apps thinking it would get better, this is also how I got groomed by a 21 year old**

**A:** We are so sorry that you've had this experience. What you went through was not your fault, and we're glad that you reached out to get this off your chest. Healing from an experience like sexual assault can take some time, and we understand if you are still feeling hurt, sad, or a mix of other emotions even today. Everyone's journey with healing is different, and we want you to know that you are not alone while you navigate this. Finding community can be extremely helpful in the healing journey as traumatic experiences can make you feel isolated or alone. Finding people or activities that make you feel supported and connected can be supportive in processing what you have experienced. This could look like spending more time with close and trusted friends, joining a club or group about an interest or hobby that you enjoy, or finding a support group for survivors of sexual assault. Finding creative outlets such as writing, creating music or visual art, coloring, or even listening to your favorite music can also be supportive tools in navigating the intense emotions that trauma can bring.

If you'd like to talk more about this or would like to explore additional resources, we encourage you to reach out to advocates at RAINN and/or bloom365 at the numbers listed above. You are not alone and we are here for you!

**Q: When I was younger I was mentally abused by my parent and when I would think about it, it makes me think that's the way I am now and how I act at home and school.**

**A:** We are sorry to hear about what you experienced from your parent. You did nothing wrong and you did not deserve to be treated that way. Being at home with a family member who is emotionally neglectful or engaging in other harmful behaviors can be a very stressful and sometimes isolating experience. It can definitely have an impact on your behavior. We encourage you to reach out for support and to take some time to find healthy coping skills or strategies that work for you. This could look like reaching out to a supportive person such as a trusted family member, friend, or school counselor. Sharing what you're going through with those you trust can make you feel more supported and less alone. They may also be able to share resources and other tools with you. 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: I've been talked down upon if they bring me up it still hurts. People around me are usually jealous of me and around me. Sometimes it feels like I'm my own enemy telling myself bad things. My parents try to make everything they do small to me. Also they minimize a lot of things**

**A:** We are sorry to hear what you are going through with others and at home with your parents. It can feel difficult to be in an environment where others talk down on you or minimize their actions or your feelings. Finding ways to cope with what you are experiencing can be really helpful. This could look like spending time with the people you love, joining a new sports team or club, journaling, or simply going for a walk. Giving yourself time to process how you feel and focusing on the things you love about yourself (your strengths, aspirations, personality/physical characteristics, etc.) is important. Take some time to find what works best for you.

**Q: So thank you for the help and support**

**A:** You are so welcome! We are happy to help!

**Q: I don't have anything but good presentation I will tell someone about this**

**A:** Thank you for this blooming compliment and for spreading the word about bloom365!

**Q: How to be a better girlfriend**

**A:** This is a really good question! A solid base to work from when wanting to grow into a healthy partner is the [Blooming & Wilting Flowers](#). The blooming flowers represent the healthy traits that we want to cultivate within ourselves and our relationships with others. Treating our partners with kindness, respect, empathy, affection, and so many more great qualities that can make them feel cherished. It is important to treat our partners with agency and equity and not power and control. It can be helpful to take some time to explore the ways we receive and give love; a wonderful resource in finding this information is [The 5 Love Languages](#). This can even be something that you do together with your partner! Having a partner that shows love in the same way you like to receive love and taking the time to understand how your partner likes to receive love can be an important aspect of a healthy relationship.

**Q: I feel uncomfortable around so people sometimes cause I get sexual**

**A:** This sounds like a tough thing to handle and we're glad that you shared what you're going through with another person. We encourage you to seek out the support of a counselor, social worker, advocate, or other trusted adult who can be helpful in the addressing these thoughts and behaviors. 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 or navigating behavior that we feel may be barrier to connecting with others.

**Q: What if you get bullied by your friend but don't want to lose**

**A:** We are sorry to hear that you have experienced bullying from your friend. 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)?" 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 friendship is one that you'd like to continue. Ultimately it is your decision and you know your life best but your emotional/mental/and physical safety is important you deserve to feel safe within your friendships!

**Q: Feeling insecure about personal information.**

**A:** Feeling insecure or embarrassed about our personal experiences can unfortunately be a common experience for some people. It can be helpful to remember that who we are and our experiences are nothing to be ashamed or embarrassed about but are the things that make us unique and different. If you'd like a safe space to share more about this, our advocates are here to listen and offer non judgemental support. We encourage you to reach out to us at our LEVEL Line at the information above!

**Q: Why are some people mean?**

**A:** Some people may be mean because they were exposed to unhealthy or mean behaviors in their lives and taught that this behavior was normal or okay. Rigid belief in stereotypes about others can also play a role and can encourage people to treat others in unfair ways. 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. While it can be helpful to understand some of the root causes behind mean behavior, it is also important to remember that choosing to treat others rudely is a choice and that people can make the deliberate choice to treat others with more compassion and kindness. When we choose to treat others more kindly, it can spread to others and encourage them to also make the choice to be kind. It can take one kind person to make a change!

**Q: How do you stand up to a person without getting embarrassed and hated by people?**

**A:** Standing up to a person who exhibits threatening or bullying behavior can be a scary thing to do, especially if that person's behavior has been executed by those around them. Acknowledging that it can be scary to stand up and speak out is important to normalize. It won't always be easy speaking out, even if it isn't perfect, can be helpful in learning how to have confidence in standing up for our boundaries. "I" statements can be a great place to start as they allow for you to share how you feel without making the other person feel defensive. Ultimately, we cannot control how others react but we can commit to speaking up for ourselves and others!

**Q: (name redacted) in the last periods keeps putting his hands and being mean to (name redacted) and me**

**A:** We are sorry to hear what you and this other person is experiencing. You both deserve to have your physical boundaries respected and to feel safe at school. We encourage you both to reach out to a trusted adult at school such as a teacher or school counselor about what you both are going through. They want to hear about how you're feeling and what you're experiencing. They will work together to figure out a plan for addressing the bullying and keeping you all safe. If you'd like additional support in navigating this experience, you can reach out to our bloom365 advocates at the LEVEL Line information above.

**Q: What do you do when a past relationship threatens to expose for things you didn't do? Btw she didn't. This happened about 1 year ago**

**A:** Being in a situation where you feel blamed for actions that you didn't do 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 person know how their actions are impacting you. If that feels unsafe to do, it might be best to figure out what having boundaries and space from this person would look like. It's important to remember that how the other person 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: My dad was abusive he also tried to kill me and my family when we were still a family. We were hiding for months and he killed himself in December I still don't know how to get over it. How can I get over it? I still get scared even though he's not here. He was also physically abusive and would tell me to go kill myself and that no one loves me. How do I get over it**

**A:** We are so sorry to hear about what you and your family have went through. Thank you for trusting us with such a deeply vulnerable experience and we are really glad that you have reached out for support. Sharing about the traumatic things we have experienced can be a hard thing to do and it takes a lot of courage to reach out to others. It is important to know that what you and your family have experienced is not any of your faults and that you all did nothing to deserve the treatment from your dad. Healing from an experience like abuse can take some time, and everyone's journey with healing is different. We want you to know that you are not alone while you navigate this. Finding community can be extremely helpful in the healing journey as traumatic experiences can make you feel isolated or alone. Finding people or activities that make you feel supported and connected can be supportive in processing what you have experienced. This could look like spending more time with close and trusted friends, joining a club or group about an interest or hobby that you enjoy, or finding a support group for survivors of domestic violence. Finding creative outlets such as writing, creating music or visual art, coloring, or even listening to your favorite music can also be supportive tools in navigating the intense emotions that trauma can bring.

If you'd like to talk more about this or would like to explore additional resources, we encourage you to reach out to one of our advocates at the number listed above. You are not alone and we are here for you!

**Q: My sister is being bullied, what can I do? Her friend has been switching from kind to rude and it bothering me. I am talking about my sister (name redacted)**

**A:** We are so sorry to hear that your sister is being bullied. It can be really difficult to watch someone we care about experience harm from others. It could be helpful to talk with your sister about what you have been noticing and bring up your concerns with her. Your sister may or may not be ready for that conversation but checking in and making sure she knows you are there for her is a great option. If your

sister is open and wanting to address the bullying behavior from her friends, it could be helpful to go over some ways to end the friendships that could work for her. If she isn't, it is important to respect her decision and remind her that she is cared for. We cannot make people get help if they do not want to, but we can do everything in our power to help our loved ones to feel supported. The most important thing we can do is let our loved ones 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.