



# Elephant in The Room Q & A

North Canyon HS  
Spring 2020

**\*\*This document can also be accessed at <https://www.bloom365.org/faqs>**

### Resources:

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

<p><b>BLOOM365 Advocacy Line and Support Groups</b></p>	<p><b>Text or call a BLOOM365 advocate for free, confidential support.</b>  <b>Text/Call: 1-888-606-HOPE (4673)</b>  <b>Advocacy Line Hours of Operation:</b>  <b>Monday-Friday from 3PM-9PM (MST)</b></p> <p>To reach a specific advocate directly, please feel free to contact our advocacy line and tell us who you would like to speak to.</p> <p>Join us on Monday, Tuesday, and/or Thursday evenings for one of our drop-in support groups (Holidays excluded)! Visit <a href="http://bloom365.org/peersupport">bloom365.org/peersupport</a> for specific dates and times.</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>

**Q: Student**

**A: BLOOM365 Advocate**

**Q: How do you get depression?**

**A:** There are several factors that can contribute to the onset of depression. Some of these factors are genetic, and others can be the result of trauma, medications, injuries, and many other experiences. If you or someone you know is experiencing depression or extreme feelings of loneliness, sadness, or despair, please know that help is available. 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. 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: How do I stay positive in a world of hurt and distraction?**

**A:** Thinking positive and being more uplifted might look different for each person. Some examples of small actions you can take to make a more uplifting or positive change include: telling someone how much you appreciate them, spending time with people who make you happy and are supportive, writing down some things that you are grateful for, and trying to focus on the things that make you feel happy or calm. You might also consider spending some time each night thinking of one thing to look forward to the next day. Practicing ways to incorporate positivity into each day can help to get you into a more positive mindset. If you'd like additional resources or support, we encourage you to reach out to our Advocacy Line at the number above. We are here for you!

**Q: I rejected a friend and he self harmed & said it was my fault what do I do?**

**A:** First off, we are sorry to hear that you have experienced these things, and we want you to know that none of it is your fault. You have the right to set boundaries and to say no, and it is not your fault that this person self-harmed. However, when anyone makes threats or actually follows through with hurting themselves or others, it is very important to take these threats and actions seriously. Someone threatening to kill you or themselves if you end the relationship is one of the Top 5 Red Flags that increases your risk of being seriously hurt or even killed. In a situation where someone is threatening to or has already hurt themselves or someone else, the best thing to do is call 911. We encourage you to talk to a trusted adult such as a school counselor or social worker, a parent or teacher, or a BLOOM365 advocate for additional support.

**Q: Brandy Mellville - a store just for skinny blond blue eyed girls**

**A:** Brandy Melville's sizing is "1 size" but not necessarily "one size fits all." I understand the frustration.  
-Kristina

**Q: Can we ask sex questions? Like sex ed?**

**A:** Unfortunately, sex questions are a bit outside of our area of expertise. We can answer questions relating to consent, boundaries, and healthy versus unhealthy relationships. However, if you have other sex questions, we encourage you to talk to a trusted adult such as a family member or your health teacher. If you look for information online, try to be sure you're reading a credible source. Websites that end in .gov or .org are typically safer options than other websites ending in .com.

**Q: Life is good. Disfruta la Vida.**

**A:** We are glad that you are enjoying life 😎

**Q: Is being gay ok?**

**A:** Yes, being gay is ok! BLOOM365 believes that every person deserves to have healthy and safe relationships. We believe in equality for all people regardless of race, religion, sexual orientation, gender identity or anything else. For free, confidential support, we encourage you to reach out to our Advocacy Line at the number above. You can also reach our Lead Advocate, Renee, who works specifically with LGBTQ youth by emailing [renee@bloom365.org](mailto:renee@bloom365.org).

**Q: How do you know you've been through it and that you're not being dramatic?**

**A:** A traumatic event is an incident that causes physical, emotional, spiritual, or psychological harm. People respond to traumatic events in different ways, and that is okay. Shock and denial might be used to protect oneself from the emotional impact of the event. You may feel that you are acting dramatic, however, the trauma or emotional effects you may be feeling is very real. We encourage you to take some time to take care of yourself, both mentally and physically. We also encourage you to let someone know how you are feeling. If you'd like some resources or ideas for self-care, or if you're in need of someone to vent to, our Advocacy Line is open Monday-Friday from 3-9 PM (MST).

**Q: My life sucks**

**A:** We want you to know that you are not alone, and it's brave of you to reach out for support. It sounds like you are going through a lot, and we know how hard it can be to cope, especially when you feel that you don't have a support system. We encourage you to try and find different tools of coping. For example, maybe you can try going for a walk, writing in a journal, yoga, taking a bath, or listening to music. If you're struggling with finding effective coping tools or would like to talk more about this, please feel free to reach out to a BLOOM365 advocate at the number listed above. If you simply are in need of 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 or depressive thoughts. Teen Lifeline is also a great local organization that specifically works with youth experiencing depression. You can reach them at the number above.

**Q: I like turtles**

**A:** We are glad that you like turtles. Can you guess our favorite animal? If you guess the elephant, that is correct. Not only are they representative of our "Elephant In The Room Cards" but, in many ways, their emotional lives mirror that of humans. They feel the complete range of emotions from happiness and

sorrow to pride, anger, and jealousy. They also display deep empathy which is one of the key signs of blooming!

**Q: I am bisexual + afraid to come out bc my family is against that stuff.**

**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 in feeling worried, anxious, or afraid. Remember that there's no wrong way, or the 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 your life, and help you to feel less alone by allowing you to meet new friends or even finding someone to date. However, there are also some risks to coming out, especially if you worry that your friends 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.

Remember, there isn't one right way to come out, and it's your choice. We encourage you to educate the supportive people in your life on what it means to be apart of the LGBTQ community and the barriers that are faced by people in this community. Coming out may be a process and take time. Some great resources that you may find helpful are the Trevor Project's "[Coming Out As You](#)" guide and "[Coming Out Constellation](#)." 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](http://onenten.org). You can also always reach out to a BLOOM365 Advocate at the number above to discuss this situation or chat online at [bloom365.org](http://bloom365.org) for more support.

**Q: Thank you for teaching me about this.**

**A:** Thank you for your #blooming feedback! We truly appreciate your kind words, and we enjoy being in your school! We are glad you were engaged and learned something! If you would like to stay involved, we encourage you to sign up for our Peer Advocate Crew (PAC!) You can read more about PAC and the opportunities available on page 10 of your workbook, or at [www.bloom365.org/peeradvocatecrew](http://www.bloom365.org/peeradvocatecrew). To get involved or for more information, please email [kathryn@bloom365.org](mailto:kathryn@bloom365.org).

**Q: NGL I'm hungry and kinda want Panda Express for dinner. Orange chicken sounds so good rn!!**

**A:** Orange chicken does sound good right now!

**Q: I don't have an elephant in my room right now, but I hope everyone has a nice day and an even nicer tomorrow. Adults, please vote for --, the only candidate that has been fighting for equality for 50 years!**

**A:** Thank you for the blooming messages. Although we had to hide part of your EITR card because we are not allowed to discuss and promote political candidates, we are glad that you are interested in, and engaged in voting. We encourage you to stand up for what you believe in.

**Q: This is very helpful.**

**A:** We are glad that you found BLOOM365 helpful. If you have any questions during or after the 7 Doses, we encourage you to reach out to our Advocacy Line at the number listed above.

**Q: When do you know you are ready for a relationship?**

**A:** You are the expert in your own life, so only you can make that decision. However, it can be useful to look at the blooming and wilting flowers to help you navigate any new or existing relationships. Before beginning a relationship, it's important to identify your relationship deal breakers and deal makers for the qualities and traits that we do and do not want in a relationship. When we don't hold true to our deal breakers, this is often when we will see power and control begin to slip into our relationship as we try to make the other person change to be who we want them to be. That's why it's so important that we are aware of our deal breakers and deal makers! It's also important to recognize your rights and responsibilities within a relationship. In a relationship, you have the right to: Make decisions together (equality), have opinions, express your feelings, and choose activities (freedom), be yourself (individuality), and safety. You also have the responsibility of respecting these rights of your partner and your partner's boundaries. If you'd like to talk about your individual situation, we encourage you to reach out to our Advocacy Line for free, confidential, non-judgmental support.

**Q: Is a toxic relationship an abusive relationship?**

**A:** Any relationship, whether it's between family members, friends, or romantic partners, could potentially be toxic or abusive, but each relationship could also be healthy and blooming. Each individual can make the deliberate choice to have relationships based on equality and freedom. Galia Godel, a Philadelphia-based sexuality educator, explains that: "we don't have a clear breakdown as to what constitutes as toxic behavior, and what constitutes as abusive behavior. It's often ambiguous, even to the people involved, and usually comes down to a gut feeling – if the damaging behavior is just how a person is, we call it toxic behavior. If a person is making the conscious choice to behave in damaging ways, we call it abuse. But how can we tell which is which? The shortest possible answer is that toxic relationships are about disproportionate action/reaction cycles and abuse is about control." (Godel, 2018). For more information on the subtle differences between toxic and abusive relationships, you can read more [here](#). We recognize that this material can be confusing, and we encourage you to reach out to our Advocacy Line if you have any questions or if you'd like to talk through anything. We are here for you!

**Q: I want to share my story.**

**A:** We encourage you to share your story, at the pace you feel comfortable at. If you would like to, you can reach out to our Advocacy Line to discuss in detail how you would like to share your story or to come up with self-care strategies. You may also be interested in our support-groups or our Peer Advocate Academy. For more information, reach out to us at the number listed above.

**Q: Why do I hold on to grudges!**

**A:** Grudges might be used as an attempt to get the comfort and compassion we didn't get in the past. To let go of a grudge, we need to move the focus off of the one who has "wronged" us and into feeling the experience of what we actually lived. In re-focusing our attention, we find the soothing kindness and compassion that the grudge desires. In addition, we take responsibility for caring about our own suffering and acknowledging that our suffering matters. If you would like, feel free to reach out to one of our advocates to discuss this further at the number above.

**Q: You guys have helped a lot. I was in a friendship that was toxic and you guys are helping a lot. Also, are helping w/ future situations.**

**A:** That is so great to hear. That is what we are here for! If you or someone you know ever needs additional support, please feel free to text/call the number above for free, confidential support.

**Q: Thanks**

**A:** You're welcome.

**Q: What if someone comes to you for help and you know someone else you know can help them better than you but they don't want anyone else to know.**

**A:** Knowing that your friend is going through a rough patch can be scary and difficult, so it's understandable that they may take some time before deciding to seek help. When they do decide to reach out for help, it might be you because they trust you or feel comfortable around you. However, you may feel like you're powerless to do anything. But you can still be there for your friend; you might just need to take a different approach to the way you're supporting them. We encourage you to:

- Be available
  - Continue to be supportive and listen to your friends when they need to talk.
- Offer help
  - Give suggestions, if and when your friend reaches out to you and asks for your advice.
- Become informed
  - Do a bit of research into what help is available in your area that could be useful for your friend. That way, if they decide they're ready to seek help, you'll be able to give them some direction about who to go and see.
- Talk to someone yourself
  - You need to look after yourself, too. Talk through how you're feeling with someone you trust.
- Set boundaries
  - Set some limits on things you're willing and not willing to do – and stick to them! If you feel uncomfortable talking about certain topics, don't feel afraid to let them know.
- Don't force the issue or put pressure on them
  - If you try to pressure or force a friend to get help, it may come from a good place, but it can actually have the opposite effect to what you intend and could turn your friend off seeking help altogether.
- Don't avoid them
  - If you avoid your friend, it's likely to make them feel isolated. It may also mean that if and when they're ready to seek help, they might not feel comfortable about coming to you for support.
- Let them know that there are other people supporting them
  - We highly encourage you to let your friend know that they should reach out to a trusted adult such as a school social worker or a BLOOM365 Advocate. Our advocates are always here to lend a free, confidential listening ear whenever you or your friend needs it.

**Q: I experienced cat-calling and it made me uncomfortable. It doesn't make me feel beautiful, good, etc.**

**A:** We are sorry that you have experienced catcalling and were made to feel uncomfortable. We want you to know that you are not alone, and we are here to support you. Sexual harassment is any unwanted and unwelcome attention of a sexual nature. Cat-calling is typically considered sexual harassment as it is unwanted and unwelcome. We know cat-calling makes people feel uncomfortable and not confident within themselves. If you'd like to talk more about this, we encourage you to reach out to our Advocacy Line at the number above for resources and support.

**Q: I didn't know that people were that f\*\*\*g dumb. Freedom of speech doesn't mean freedom from consequence**

**A:** You are right to say that we can say whatever we want, but there's no guarantee that there won't be consequences. Our words have power, and we have the ability to use them because we are free. That's a pretty powerful combination. With great power comes great responsibility.

**Q: I'm doing great so... woo! :)**

**A:** We are super glad that you are doing great! 😊 If you ever feel like you need to talk to someone, feel free to reach out to a BLOOM365 advocate at our number listed above.

**Q: The U.S. won the women's soccer world cup but lost the men's world cup but the men earned way more money**

**A:** You're right, there is a huge difference in how much the men's and women's soccer teams are paid. Unfortunately, this is true for many other professions, as well. The gender pay gap is the gap between what men and women are paid. Most commonly, it refers to the median annual pay of all women who work full time and year-round, compared to the pay of a similar cohort of men. There are many different ways that groups have done studies on the gender pay gap. The [U.S. Bureau of Labor Statistics](#) found that "in 2018, women who were full-time wage and salary workers had median weekly earnings of \$789. That was 81.1% of the \$973 median for men who were full-time wage and salary workers." A [PayScale](#) report found that women still make only \$0.79 for each dollar men make in 2019. They also found that when men and women with the same employment characteristics who do similar jobs, women are still paid 2% less. Men continue to get paid more than women often due to sex discrimination.

**Q: Too much stress from my ex. He won't stop guilt tripping me.**

**A:** If someone is trying to convince or force you to do something you do not want to do, this is known as coercion. You have the right to say no, and it is their responsibility to respect that. Communicating this using "I statements" may help. If they don't respect your boundaries, we encourage you to consider whether or not this is a healthy relationship/friendship for you. If you feel unsafe, please reach out to a trusted adult about what you're experiencing. You can also reach out to a BLOOM365 advocate by texting/calling the number above for free, confidential help and support. We are here for you!

**Q: I learned that are more things of me that I like and those make me who I am and I don't wanna change**

**A:** We are very happy to hear that you have learned more about yourself and that you are embracing who you are. We hope you continue to integrate blooming characteristics into your life. If you want to

become more involved with BLOOM365, check out our website at [www.bloom365.org/peeradvocatecrew](http://www.bloom365.org/peeradvocatecrew) for more information on our Peer Advocate Crew!

**Q: I'm sorry so many of my peers are disrespectful and frankly immature. They are a large part of the problem and are sadly, wasting your time. Don't lose faith, us in the back are listening and learning, please continue.**

**A:** Thank you for letting us know that you are listening and learning from the 7 Doses! These conversations can sometimes be difficult and uncomfortable to have, and others are unaware of how serious these issues can be. Just know that BLOOM365 takes any form of power-based violence seriously, and we absolutely believe anyone that has experienced these issues. If you have any concerns about this matter please reach out to a trusted adult, school social worker, or a BLOOM365 advocate. Some resources include: the National Teen Dating Violence Hotline (24/7 support: 1-866-331-9474 or text "loveis" to 22522), email [teens@bloom365.org](mailto:teens@bloom365.org), local support: 1-888-606-HOPE (4673).

**Q: So, there's a problem I'm having with my ex bf. I blocked him on everything so he can't contact me, but he makes burner accounts and tries to message me. I block him but he keeps going.**

**A:** 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. 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: How do I pull someone out of a toxic friendship? Related Submission: Q: I feel like one of my friends is in a very toxic friendship how can I help her?**

**A:** It is important that we first understand the barriers to leaving an abusive/toxic relationship (fear, love, dependency, insecurity, etc.). It is also essential that we don't blame our friends for staying. If you have your Bloom It Up workbook, you can turn to page 19 for tips on how to help a friend. Providing continual support can be helpful as well. Checking in and making sure they know you are there for them even after the initial conversation is also a great idea. Sometimes it takes more than one conversation to really get them to open up, but it can be helpful that they know that you are there for them when they are ready.

**Q: Have a great day :)**

**A:** Thank you! We hope you have a blooming day!

**Q: What if they think you are sarcastic?**

**A:** Telling someone what you've experienced is 100% up to you. There is no one-size-fits-all way to tell someone about something. Everyone has a different way they tell their story, and how someone responds can be different as well. It is natural for someone to feel shocked and disturbed that someone they care about has experienced what you are telling them. However, it may seem that they don't

believe your story. Sometimes the person you tell will be so scared of saying the wrong thing, that they'll stall for time by asking lots of questions about the assault and what led up to it. Often, these questions will make it sound like they're blaming you for what happened, or suggesting that you could have avoided the attack by doing something different. If that's how it's coming across to you, let them know, and remind them, that the best thing they can do to help is to just support you.

If someone in your life isn't supportive, that doesn't mean that others won't be. However, we recommend that you be kind to yourself and take care of your own needs as best as you can. Ask yourself what you are feeling and think of self-care activities that help to ground you and make you feel better. If you feel like you may have not been given the support you need, remember that you are not alone. If you need someone to talk to, feel free to reach out to BLOOM365, or our friends, at the numbers listed above.

**Q: Flaws in the Legal Court System: as well as unfairness & biases in the courtroom.**

**A:** The criminal justice system in the United States faces two major tasks: keeping the public safe by apprehending criminals and, ideally, reducing crime, and doing so while protecting individual freedom from the abuse of power by law enforcement agents and other government officials. Although we cannot provide opinions on the legal justice system, we recommend you to do your own research, educate yourself, and educate others on the legal justice system and what you believe about it.

**Q: ive been really stressed recently. I'm in the IB & work has been killing me also It's my senior year aghhh! Just a lot of obligations & pressure.**

**A:** The ability to identify stressors and develop coping strategies is essential for everyone. The first step to resolving any problem is acknowledging that it exists. As it is essential that you take care of yourself in order to take care of your needs, we encourage you to find and practice self-care strategies.

Here are some tips to help you practice self-care:

- Know that mistakes are lessons, view them as learning opportunities.
- Don't ever think you're inferior or less than anybody else. Nobody is perfect. Remind yourself that everyone excels at different things. Focus on what you're good at, what makes you unique and cheer others on for their success.
- Try new things, set goals. Take care of yourself by exercising, eating well, and sleeping properly.

Also, remember you are not alone. Don't be afraid to reach out to someone and let them know what you are going through. This could be a school social worker, a trusted teacher, a friend, your parents, or even us.

**Q: What should you do when you start to notice something is off.**

**A:** We are glad you reached out for support. During the Bloom It Up program, we explored the many barriers to leaving an unhealthy or abusive relationship (things like fear, love, dependency, and insecurity). If you notice that something is off in your relationship, there are a few different things you can do, depending on what is going on. We have learned about healthy qualities of relationships and how to communicate or resolve conflicts. This can help you figure out what type of relationship you currently have. If the relationship is built off of power & control and we are not able to make changes by

communicating in a healthy way with our partner using “I statements”, we may consider whether this relationship is one that we want to continue. Ultimately, it is up to one to recognize their actions and to make the choice to change their behavior.

If you notice that something is wrong within a friend's relationship, it's important that we don't blame them. In your workbook or on our website, you can reference the “How to Help a Friend” list to start a conversation with your brother. You can also tear out the extra red flag checklist in your workbook and talk to your brother about why you are concerned, being really mindful to come from a place of support and not judgment. You can encourage them to reach out to BLOOM365, but recognize that we cannot force someone to seek help or leave if they are not yet ready. If you are seriously concerned for their safety, we encourage you to tell a trusted adult or BLOOM365 advocate. If you'd like additional support, you can reach out to us on our Advocacy Line at the number above. We are here for you!

**Q: When someone embraces me, I wanna punch them cause any type of pain I can so they can suffer for doing that.**

**A:** We encourage you to try using “I” statements to convey your emotions instead of opting for violence or taking those emotions out on others. For example: Saying something like, “I feel \_\_\_\_\_ (feeling) when \_\_\_\_\_ (conflict), can you/we \_\_\_\_\_ (solution) ?” 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. 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, feel free to reach out to our Advocacy Line at the number above for free, confidential, non-judgmental support.

**Q: When I was younger I was about to get r\*ped by my dad's cousin, at the time I didn't really know what had happened but I just knew I didn't like it. He would touch me inappropriately. That happened when I was 8-9, I forgot about it most of my life till recently I found out he's coming to AZ and I think about it and I dream about it and wake up in the middle of the night, I just know I am afraid to see him.**

**A:** We want you to know that you are not alone, and we are thankful that you are reaching out for support. We also want you to know that none of what you have experienced is your fault. We encourage you to reach out to a trusted adult or a BLOOM365 Advocate to discuss the situation and ensure you receive the support you need. You can also contact the National Sexual Assault Hotline at the number listed above. If you feel like you are in immediate danger, please do not hesitate to call 911. In some areas, you may be able to text 911 if you feel afraid to speak out.

It might be helpful to identify healthy coping mechanisms and forms of self-care that you can do, especially when you have those thoughts or cannot sleep. Finding healthy ways to cope with traumatic experiences is very important. For example: spending time with people you love, joining a new sports team or team or club, or simply going for a walk or spending time in nature are all healthy ways to cope. It's also important to give yourself time to process your feelings and emotions. We all cope with things in different ways and at different speeds. Some people find it helpful to talk to trusted friends or family members or engage in healing arts like painting or yoga. Other coping mechanisms include: going for a walk or listening to music. Find what works for you, and always know BLOOM365 is here to support you if needed!

**Q: I like your outfit**

**A:** Thank you. If you would like to get a BLOOM365 shirt or swag, feel free to let us know by talking with someone, reaching out through social media, or emailing us.

**Q: How should I deal with him or her if they are dealing with things at home but then take it out on someone physically & mentally abuse?**

**A:** We have learned about healthy qualities of relationships and how to communicate or resolve conflicts. We recommend you try to use “I” statements. For example: Saying something like, “I feel \_\_\_\_\_ (feeling) when \_\_\_\_\_ (conflict), can \_\_\_\_\_ (solution) ?” 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. This prevents them from feeling like they need to defend themselves and allows for more effective communication. If the perpetrator is willing to see their behavior as abusive, they can make the choice to change that behavior. A counselor, social worker, advocate, or other trusted adult can be there to help if the perpetrator is willing. Ultimately, it is up to the perpetrator to recognize their actions and to make the choice to change their behavior. If the relationship is built off of power & control and we are not able to make changes by communicating in a healthy way with our partner using “I statements”, we may consider whether this relationship is one that we want to continue. If you would like to talk with a BLOOM365 advocate, feel free to reach out to us at the number listed above.

**Q: I don't know how to let go of bad emotions. Ive had lots of sadness in my life contributes to the fact that I am gay. I struggle talking to my friends and family about my problems.**

**A:** It is hard to share what we feel to others. We encourage you to take a look at [this article](#) to see if the tips mentioned in the article can help you to talk with others about your emotions and experiences. You can also talk with a BLOOM365 advocate at the number above.

Focusing on the things we love about ourselves can be one helpful way to lift our self-esteem. A lot of times our society focuses on the things we are insecure about and things we wish we could change about ourselves. I 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. Doing your own daily affirmation and spending time doing the things that make you happy can be helpful tools in building up our self-esteem. Again, feel free to reach out to us at the number above.

**Q: Why is most life pain and suffering and I'm afraid of my future with my boyfriend.**

**A:** We are sorry that this has been a common experience in your life, and we want you to know that you are not alone. If you are not receiving the type of love you would like, you can think about whether or not this is a relationship you want to be in. We have learned about healthy qualities of relationships and how to communicate or resolve conflicts. This can help you figure out what type of relationship you currently have. If the relationship is built off of power & control and we are not able to make changes by communicating in a healthy way with our partner using “I statements.” we may consider whether this relationship is one that we want to continue.

**Q: Thinking about the thought of death terrifies me. I really hope there is something for us after all of this**

**A:** This topic is a bit outside of our lane of expertise. However, we encourage you to do some thinking and develop your own beliefs on what happens after death.

**Q: I lost my virginity at the age of 5.**

**A:** We would first like to let you know that abuse is never your fault. Recovering from an assault or abuse is a process, and that process looks different for everyone. A BLOOM365 Advocate, and some other resources listed above, are here for you through your process of healing. Their contact information is listed above. Please feel free to reach out for help if you need support, ways to cope, or immediate or non-immediate help.

**Q: So I was born in --. then my parents took me to -- and then, they broke up they divorced, so they left me with my grandma. The problem started with my grandma, she has been abused physically and psychologically, my grandfather cheated on her and she has been living him just to get the heredity of him. So my grandma never let me go to --. Her love was a lot that she always was telling me "you can go but after I die" it was so weird to me that I just escaped and I came to live with my mom. I have been living in -- --. Now I feel more free but at the same time bad for escaping but I didn't have any other option. But now I'm having problems, mentally problems after that.**

**Since I came I have told my story to everybody but no one takes it seriously. I got friend -- after I came but just friends that I talk with them during school.**

**None of them closer.**

**I have been crossing problems and resolving those just by myself.**

**Many people have.**

**I'm not good at expressing how I feel or how I am, I just think that I can't do anything.**

**A:** We want you to know that you are not alone, and you are brave for reaching out for support. It sounds like you have been going through a lot. If you're comfortable, we encourage you to reach out to a BLOOM365 Advocate for individual advocacy. You can also contact Teen Lifeline for 24/7 free, confidential support relating to depression, relationships, suicide, and bullying. We are here for you!