



# Elephant in The Room Q & A

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

**Q: Student**

**A: BLOOM365 Advocate**

**Q: Abuse isn't just physical**

**A:** You are right. Abuse is not just physical. Abuse has many different forms, especially psychological. This type of abuse typically also includes coercive and controlling behaviors attached to induce fear, and loss of freedom, on a daily basis. When someone loves us, they are willing to treat us with equality and freedom and not power and control. We should understand how we like to receive and how we show love to others. Having a partner that shows love in the same way you like to receive love can be an important aspect of a healthy relationship.

**Q: Take anger out on nothing or nothing important, example: sleeping, drawing, cleaning... etc. It's easier on everybody/everything.**

**A:** Anger is a natural human emotion. However, anger becomes abuse when someone makes the choice to use power and control over someone else or others. We agree, taking a step back from the situation or channeling our anger into another activity is a good idea. Sleeping, drawing, and cleaning are great activities for processing anger or other difficult emotions. If you'd like to talk more about this, feel free to reach out to our Advocacy Line at the number above.

**Q: As a friend of the victim how can you help or what not to say?**

**A:** It can be hard to know what to do when we notice our friends are being or have been abused. It's important that we understand the barriers to leaving an abusive relationship (fear, love, dependency, insecurity, etc.) It's also important that we don't blame the victim 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. 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. If you need support, or if your friend does, feel free to reach out to us at our number listed above!

**Q: I'm so tired :(**

**A:** You are not alone in feeling this way. 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: How do you stop the abuse after the relationship has already ended?**

**A:** Most abusive partners do not want to give up the control they have over their partners, even if they are no longer together, and will attempt to keep power over them as long as possible. Leaving is often the most dangerous time for a victim of abuse because abuse is about power and control. After an abusive relationship, allow yourself to get help and support from others. Try to spend time with friends and family who care about you. Tell them what you need from them, whether that's someone to talk to about what you went through, or someone to keep you from answering phone calls from your ex, stop you from texting them back, etc. If you feel isolated from your friends and family, consider finding a

counselor or school social worker to talk with one-on-one, or join a support group. You may also reach out to us at the number above. Abuse is difficult to recover from for anyone. No matter what, know that you deserve to be safe and happy, always.

**Q: I feel well reflected and understand more about red flags; Related Submission: Q: I learned some unhealthy red flags; Related Submissions: Q: I enjoy our talks. I feel like I have learned so much**

**A:** We are glad that you learned something. Whether it was something you already knew, or something completely new to you, we are glad you listened and took something away. If you have any questions or would like more information on anything you learned during the 7 Doses, we encourage you to reach out to our advocacy line at the number above! We can answer any questions you might have and can also provide additional resources for you.

**Q: Today I learned that people have experienced the same things I do. I learned that the more we talk and spread awareness on the topic it will help change the “norm”; Related Submissions: Q: It was really interesting to see how many people have experienced degrading actions when we stepped forward in the circle**

**A:** Thank you for sharing your feedback with us! We are glad that you learned something from the 7 Doses, and that you were able to realize how widespread these issues are. Everything you learned in the Bloom It Up program is applicable to all types of relationships and friendships. Even if you are not currently dating, this information is still relevant to you both now and in future relationships and friendships. Knowing how to develop a healthy self-esteem and how to build and grow healthy relationships with healthy communication and conflict resolution skills are important life skills! It is also our goal to help boost the confidence and skills of yourself and your peers to model empathy, respect, kindness, safety, consent, and bystander accountability as the norm for your generation. We believe in the power of your generation to reach the tipping point moment and to help us uproot abuse and promote healthy relationships for all! If you'd like to talk more about this, we encourage you to reach out to our Advocacy Line at the number above.

**Q: I learned that it is important to be aware of what I am listening to and surrounding myself with Related Comment: Q: I loved the song activity today!**

**A:** We are glad you loved our “Blooming or Wilting Playlist” activity. We hope you learned something new and are seeing the media you consume with a new lens of curiosity.

**Q: Why do women get catcalled more than men?**

**A:** Unhealthy gender norms, such as accepting catcalling as being normal, are very common in our society. This idea goes back many years and historically it has been passed from generation to generation. We can't pinpoint one specific reason that women are catcalled more than men, but we do know that most women feel uncomfortable and often threatened from this type of behavior which could potentially be harassment.

We know that rigid belief in unhealthy gender norms contributes to power and control in our relationships. Catcalling typically creates a power dynamic when the person being catcalled is made to feel threatened, scared, or compromised in any way. Sometimes stereotypes or norms are in place because society wants to limit the rights of a certain group of people. The important thing to know is

that these norms and stereotypes are not facts but rather some people's opinions. We can engage in productive conversations that break down some of these unhealthy gender stereotypes. Once we know what the issue is we can work together for justice and equality.