



# Elephant in The Room Q & A

Sunrise Mountain High School  
Fall 2019

\*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>Text or call a BLOOM365 advocate for free, confidential support. Text/Call: 1-888-606-HOPE (4673)</p> <p>Advocacy Line Hours of Operations: Monday-Friday from 3PM-9PM (MST)</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. Peer/Teen Counselors answer the hotline from 3pm-9pm every day, including weekends and holidays.</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>National Human Trafficking Hotline</b></p>	<p>1-888-373-7888</p>
<p><b>Crisis and Suicide Prevention</b></p>	<p>Suicide Prevention Lifeline: 1-800-273-TALK (8255) Crisis Text Line: Text TALK to 741741</p>

**Q: Student**  
**A: BLOOM365 Advocate**

**Q: Talk about how to express or tell if those things are being done; Related submission: Q: How to express if those things are being done**

**A:** There are several ways to reach out for help if you're experiencing abuse. When you are ready and if you feel safe to do so, talking to someone you trust such as a family member, a teacher, a school counselor, or even a BLOOM365 Advocate is a great first step in ensuring your safety and ending the abuse. Even if you're not ready to talk about *everything* right away, just letting someone know that you need help is a great start. You can seek support in a way that feels comfortable and right for you. However, if you or someone you know is unsafe, it might be best to call 911. For free, confidential, non-judgmental support, we encourage you to reach out to our Advocacy Line at the number above.

**Q: How do gay/lesbian have a relationship?**

**A:** LGBTQ+ relationships are just like any other relationship. If you'd like more information on this topic, we encourage you to reach out to our advocacy line at the number above. For additional resources, you could also check out [one n ten](#), an organization dedicated to supporting LGBTQ+ youth.

**Q: I've been humiliated... I liked a teammate I liked him he was so kind and funny he looked like Michael Angelo's David... I trusted him. He told the team everything. I'm not allowed to leave my parents are forcing me to stay. I don't want to stay they made fun of me. I knew he was out of my league it's affecting my performance and I can't play anymore what do I do?**

**A:** You are not alone, and we are glad that you reached out for support. We encourage you to reach out to our advocacy line to talk more about your individual situation.

**Q: I was in an abusive relationship with someone in this class and I'm scared to say anything because I just got him to stop so it would mess everything up**

**A:** We want you to know that you are not alone, and we are glad that you reached out for support. What you have experienced is not your fault. You don't have to participate in class if you don't want to, and you always have the option to speak to an advocate outside of class. If you feel unsafe because of this person, it's important that you reach out to a trusted adult about what's going on. Healing after an abusive relationship can be a long and difficult process, but we are here to support you each step of the way. For more information or resources, feel free to reach out to our advocacy line at the number above. If you feel that you are unsafe or in immediate danger, it might be best to call 911.

**Q: How to forgive yourself/others if they/you were abusive? How to help someone if they're in this situation and refuse help?**

**A:** Abuse is NEVER the fault of the one who is being/has been abused. If you have been abused, or know anyone who has, feel free to contact us at our number above.

Forgiveness can be difficult. When abuse takes place, the abusive person steps outside of the rules of respect and love in order to coerce, humiliate, physically harm, and sometimes even kill a victim. This can be so damaging and life-altering that abuse seems unforgivable. While it is true that abuse is never okay or justifiable, it is possible to forgive abuse. With all of that said, a survivor is not going to be in a place to forgive abuse if they are still in danger. If the risk of harm is a concern, consider making a safety plan first. Once you're safe and ready to work on healing, you can explore forgiveness.

Below is a loose framework that you might use in a path of forgiveness. Find where you currently are in this sequence, then take a look at the steps that come afterward.

- Procure safety (or return later if not safe)

- Process acute emotional and physical pain
- If necessary, process anger
- Process blame (pro-tip: abuse is the abuser's fault)
- Seek understanding
- Become realistic
- Ask yourself what it would take
- Open yourself up to the idea
- Invite forgiveness
- Stay open
- Accept forgiveness when it becomes real to you

Wherever you are at in this process, know that everyone at the numbers listed above are here for you. You can reach BLOOM365 at 1-888-606-4673 (call/text) (3pm-9pm MST).

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. One they are reaching out to you, validate what they are saying and listen to them. Provide the support you can. For example, if they decide to tell a trusted adult, you can offer to go with them if that makes them feel more comfortable.

**Q: Why does this happen so much and why is it not addressed more?**

**A:** Where we sit, we see violence and unhealthy relationships being portrayed as the norm, especially in typical forms of media. Change cannot happen if the issues are not talked about and addressed. BLOOM365 believes that your generation and future generations have the ability to change the culture and create a culture where blooming, healthy relationships are the norm. We understand that it can be disheartening to see violence and unhealthy relationships as the norm, but that doesn't mean it HAS to be this way. If you think about it, all social change movements started with someone/a group of people standing up against the norm and breaking the silence. Social change cannot happen if we ignore the problem and refuse to talk about it. It's not always easy to talk about, and people are uncomfortable when talking about it, but we truly believe that this isn't how things have to be. Starting the conversation is the first step in creating change.

**Q: How do you help your friends after they broke up?**

**A:** You could start by checking in on them and seeing how they're feeling or if they want to talk through anything with you. 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 emotions and feelings after a breakup. It might also help to do some fun activities with your friends that can boost their spirits and keep their mind off of any lingering sadness or difficult emotions. Providing continual support with a friend is a good idea.

**Q: How do you respond to the verbal abuse and put downs, specifically with friends?**

**A:** Verbal and emotional abuse is never justified. You can try to put an end to verbal abuse by calling out the abuse each time it is said. If someone blames you for something you have no control over, calmly ask the person to stop it. There will be situations in which calling out the abuse will be unsuccessful or uncomfortable. If this does not work or you feel uncomfortable, you can try to walk away from the situation if you can. By refusing to engage with the verbal abuse and refraining from arguing with them, you are showing the abuser that they are not acting blooming and that you are not going to put up with

abuse. I do recommend you take a look at [this article](#) as well. If you need a supportive and listening ear, we are here for you at the number listed above.

**Q: Hey how should I stand up to some guys in algebra seriously. (PS: they are asking if I could do some inappropriate things with them)**

**A:** If you are persistently being bothered by someone or a group of people at school (or anywhere else), it might be best to talk to a trusted adult for help. There can be strength in numbers, and having someone like a parent, a teacher, or a school counselor aware of a situation going on in the school can be helpful in keeping you safe and comfortable so that you can focus at school and those that are bothering or harming you can be held accountable, if necessary. If you'd like to talk more about this, we encourage you to reach out to our advocacy line at the number above.

**Q: Me and this boy were talking and things were getting more and more serious till I found out he was gonna go meet up with another and have sex even when we haven't done anything except kissing on the cheek. I told him we were friends and as we talked it out he basically told me he'll stay if I'd met his "sexual needs" so I agreed we never did anything but he would act like he didn't see me he would only hang out if there was a chance of something sexual happening. He dropped me by telling me to leave him alone and he had a girl the next week**

**A:** We encourage you to reach out to our advocacy line to talk more about your individual situation. You are not alone, and we are glad that you reached out for support.

**Q: If I've sent pictures only one time in my life, could that get me in trouble?**

**A:** The short answer is technically, yes, you could get in trouble. According to the Hallam Law Group, "Arizona has a specific statute regarding teen sexting: Arizona Revised Statutes Section 8-309. According to this law, it is illegal for a minor to knowingly use an electronic communication device to view or transmit photographs or videos of a juvenile that depict explicit sexual material. It is also against the law for a minor to knowingly possess explicit sexual material involving a juvenile, even if the juvenile transmitted it to the individual. The only time these actions aren't a crime is if the minor didn't solicit the material or if the minor reasonably tried to delete or destroy the material." ([hallamlawgroup.com](http://hallamlawgroup.com), posted 10/19/18). For more information, we encourage you to reach out to our advocacy line or visit this website: [hallam law group](http://hallamlawgroup.com).