



# Elephant in The Room Q & A

Ignacio Conchos 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: A lot of things happen in my life and I have no one to talk to**

**A:** We understand how lonely and difficult it can be to experience stressful days or periods of time and feel as though we don't have a solid support system. We want you to know that BLOOM365 is always here to offer confidential, non-judgmental support, and you can reach out to our advocacy line anytime you'd like to talk. If you'd like to talk more about your individual situation and different resources that are available for you, feel free to contact us at the number above!

**Q: I really wish that you could've lectured us about this before it got as bad as it did.**

**A:** Although we do not know the context of this situation, we want you to know that you are very brave for reaching out for support and we are really glad you did. Nobody deserves to be forced or pressured into doing something they don't want to do, or to be abused in any way. If you have experienced sexual assault or any form of abuse (bullying, emotional abuse, physical abuse, sexual abuse, etc.), we encourage you to talk to a trusted adult or a BLOOM365 advocate. We know that opening about these situations can be really difficult, but it's important that you feel safe and talking to a trusted adult or advocate can help you begin the process of healing. You can text or call an advocate at the number above for free, confidential support and a listening ear.

**Q: I'm insecure and I don't know how to control it**

**A:** You are not alone in feeling this way. Building good self-esteem can take a long time and is not always easy. But, knowing that you want to learn how to have better self-esteem and that you can improve is the first step. Our self-esteem is of the thoughts, feelings, and opinions we have about ourselves. That means self-esteem isn't fixed. It can change, depending on the way we think. Once you're aware of that, and know that the way you think is up to you, you can begin to change the way you think. 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. Changing the way you think about yourself changes the way you feel about yourself. If you would like to talk to a BLOOM365 advocate, feel free to reach out to one of us at the number above.

**Q: I've seen an unhealthy relationship**

**A:** If you have experienced abuse, BLOOM365 is here to support you. You can reach out to one of our advocates at the number above for a listening ear and free, confidential support. It can be hard to know what to do when someone you care about is in an unhealthy relationship. 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 unhook 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. 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.

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.

**Q: I feel like my dad isn't around enough**

**A:** We are glad you reached out. If you would like to, please feel free to reach out to any of the numbers above to talk to someone. You can reach out to one of BLOOM365's advocates at the number above for a confidential, supportive, and listening ear.

**Q: I feel like no one likes me at school**

**A:** Please know that you are not alone and we are thankful you reached out. We are sorry that you are having this experience, but we want you to know that you deserve to be here. It might be helpful to identify healthy coping mechanisms and forms of self-care that you can do when you have these types of thoughts. Some examples might include: Spending time with the people you love, yoga, taking a bath, joining a sports team or club, or simply going for a walk.

If you're struggling with finding effective coping tools or would like to talk more about this, please feel free to reach out to our Advocacy Line! If you simply need an empathetic ear or are looking for mental health resources for yourself or a friend/family member, please make the call or send a text.

**Q: How do I just let go of my insecurities?**

**A:** A lot of times our society focuses on the things we are insecure about and things we wish we could change about ourselves. We encourage you to take a moment every day to remember the things you love about yourself (your strengths, aspirations, personality/physical characteristics, etc.). Writing these things down as well and having them easily accessible can help build your confidence. You can also watch the following video on daily affirmations: <https://www.youtube.com/watch?v=qR3rK0kZFkg>. 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. BLOOM365 advocates are also available by texting or calling the number above for a listening ear or if you would like additional resources.

**Q: I've been bullied for something I like**

**A:** Although we do not know the context of this situation, we want you to know that you are very brave for reaching out for support and we are really glad you did. Nobody deserves to be bullied. We encourage you to talk to a trusted adult or a BLOOM365 advocate. We know that opening about these situations can be really difficult, but it's important that you feel safe and talking to a trusted adult or advocate can help you begin the process of healing. You can text or call an advocate at the number above for free, confidential support and a listening ear.

**Q: I think I'm bi**

**A:** Exploring your sexual orientation and/or gender identity can bring up a lot of feelings and questions. There is no right or wrong way to define your sexuality or identity other than what you decide makes

you, you. I encourage you to take a look at The Trevor's Project [Coming Out Handbook](#). It is a resource available for you to help you navigate questions around your identity.

Take a breath and remember that there are plenty of people and resources to help and support you. Even if facing discrimination is not a concern for you, the anxiety and isolation you may feel privately can be all too real. To help you along, you may ask or talk with a friend or trusted adult for support. You may also reach out to [us](#), [The Trevor Project](#), or [One-N-Ten](#) as well.

**Q: I know someone who needs your help can you help him**

**A:** We can definitely try to help! We encourage you to reach out to our advocacy line about your friend's situation, and you can also share our number with your friend(s) if they'd like to reach out on their own. We are here for everyone, including you and your friends!

**Q: I feel anxious about a lot of things**

**A:** Focusing on the things we love about ourselves can be one helpful way to build our confidence and feel better about ourselves. A lot of times our society focuses on the things we are insecure about and things we wish we could change about ourselves. We 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.

We recommend watching the above "[Jessica's Daily Affirmation Video](#)." Doing your own daily affirmation and spending time doing the things that make you happy can be helpful tools in building up your self esteem. Some others tips and things to remember are:

- 1) Surround yourself with positive, supportive people.
- 2) Focus on thinking more positively about yourself. Changing the way you think about yourself changes the way you feel about yourself!
- 3) Mistakes are lessons, view them as learning opportunities!
- 4) Don't ever think you are inferior or less than anybody. Nobody is perfect!
- 5) Remind yourself that everyone excels at different things. Focus on what you're good at and what makes YOU unique.
- 6) Try new things and set goals.
- 7) Remember to take care of yourself and spend time doing what makes you happy

**Q: I have self-esteem issues**

It is hard dealing with thoughts and feelings that bring our own selves down. Here are some other tips to help you cope with achieving better self-esteem. 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. If you need a supportive, non-judgemental ear, text or call a BLOOM365 advocate at the number listed above.

**Q: I feel like it's so hard to make friends. It's like I have to be a jokester and trouble-maker to get some laughs. I don't care about it anymore! I will never make new friends! I just want to fall asleep and never wake up. I just want to leave and die. But even if I do no one will come**

**A:** We want you to know that you are not alone, and are so glad you reached out for support. Making friends is hard to do. We aren't well versed to provide tips or to help you make friends. However, some tips I have included are: Be who you are. You don't have to share secrets, but act in a way that makes you feel comfortable. Hang out with different types of people. Try approaching others. Help someone when they need help. Sometimes you need to be the one that says hi first.

We work alongside a few organizations that specifically help youth experiencing depression, including Teen Lifeline. You can contact them at the number above. School social workers and counselors are a great source for information on dealing with depression. BLOOM365 advocates are also always available by texting or calling the number above for a listening ear or if you need someone to talk to or would like additional resources.

**Q: well \_\_\_\_\_ was in school and they would always be like jealous and touchy and would be intimidating not only to me but also the rest of their friends. Well some of the friends don't want to be friends because they are toxic. What do we do? What do we say?**

**A:** Communication is an important tool we can use to help end or mend a relationship on good terms. By communicating our desires and reasoning for wanting to end or mend a relationship, we can give each other closure to move on and hopefully grow from our experience. Closure is an important part of healing and moving forward with our lives. You may try using "I Statements". They help you explain why you are choosing to end or mend the relationship without placing blame on the other person. For example, you could say "I (don't) feel (feeling), so (solution)."

**Q: I feel like I am so ugly. Everybody only likes people because they are pretty or "hot." I wish that somebody would love me not for my looks, but for my big heart. But I feel no one would ever be interested in me.**

**A:** People are very diverse and their tastes and preferences are not all the same. Everyone is attracted to a different "type" of person. One tool I would recommend you to look into is the [5 Languages Of Love](#) quiz. This can help by seeing how you want to receive and give love. When building relationships in your future, Page 16 in your workbook explores your rights and responsibilities within a relationship. Strong, healthy relationships involve a balance of power in the relationship, freedom, individuality, safety, and boundaries.

If you would like to talk to a BLOOM365 advocate about anything, you can reach us at the number listed above.