

# Elephant in The Room Q & A

Aguila Youth Fall 2018



\*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. Beginning January 7th, our advocacy line will be open for texts and calls Monday-Thursday from 3PM-9PM! To reach a specific advocate directly, visit <a href="http://www.bloom365.org/contact">www.bloom365.org/contact</a>.  <b>Text/Call: 1-888-606-HOPE (4673)</b></p> <p>Join us every Monday, Wednesday, and/or Thursday evening for one of our drop-in support groups (Holidays excluded)!</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)</p> <p>Crisis Text Line: Text TALK to 741741</p>

**Q: Student**

**A: BLOOM365 Advocate**

**Glenn L. Downs Elementary School**

**Q: A problem I have is many people hate the LGBTQ+ community and I want that to change.**

A: We agree! Here at BLOOM365, we believe all people deserve to be treated with love and respect and deserve healthy, happy relationships. If you are interested in getting involved with our work specifically within the LGBTQ+ community, please feel free to reach out to our Lead Advocate, Chelsea, who focuses a lot of their work with the LGBTQ+ community! Feel free to text/call Chelsea at the number above or email [chelsea@bloom365.org](mailto:chelsea@bloom365.org)!

**Marc T. Atkinson Middle School**

**Q: I think that towards the end of this program they should have the visitors that came to talk to us come to see how we've grown.**

A: That is a wonderful idea! Thank you for the suggestion, we'll be sure to pass this along to the Aguila staff!

**Q: How can you move on making mistakes? I've really regret doing something and I can't move on.**

A: Trying to heal after a hurtful experience is a difficult task and journey at times. We can use the coping mechanisms we learned in the program to begin the process of healing. We can write down the things we love about ourselves and remind ourselves of this each day. We can do the daily affirmations we mentioned in class to boost our self esteem. We can enjoy doing the things that make us happy and keep us healthy. Some great examples are eating healthy and exercising because we take care of our body and mind that way. A BLOOM365 advocate is always available to listen, please feel free to text/call the number above.

Focusing on the things you love about yourself (your strengths, aspirations, personality/physical characteristics, etc.) can be one helpful way to lift your 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. Writing down the things you love about yourself and having them easily accessible can be a helpful tool in building your confidence. We recommend watching the following video on daily affirmations: <https://www.youtube.com/watch?v=Cgw8OFVHzd4>. Doing your own daily affirmation and spending time doing the things that make you happy are helpful tools in building self-esteem.

**Q: Sometimes life can be hard but how do you get through it without doubting yourself?**

A: Being proud of who you are can help you to have a healthy self-esteem, which can also contribute to healthy relationships and friendships. A lot of times our society focuses on the things we are insecure about and things we wish we could change about ourselves. Remembering the things you love about yourself (your strengths, aspirations, personality/physical characteristics, etc.) and being proud of these things is something to be admired. Being proud of who you are is absolutely something we stand behind and try to encourage for all people! We recognize that sometimes life can be hard, and we want you to know you are not alone! BLOOM365 advocates and Teen Lifeline are great resources if you ever need a listening ear!

**Charles W. Harris Elementary School**

**Q: Should you be friends with someone who has broken my trust constantly?**

A: Healthy friendships exhibit love, trust, respect, and all of the other words you see in the center of the blooming flower. Some tips that may be helpful are the tips we discussed during the communication component of Dose 6. "I" Statements are a great way to express your feelings openly! Effective communication is a key component of healthy relationships! It may be helpful to talk to your friend about the importance of trust and how you're feeling. We cannot tell you whether or not you should be friends with this person, that decision is ultimately up to you! However, we want you to know that you deserve to have supportive, honest friendships! Having a conversation with your friend and setting healthy boundaries for the friendship, including honesty, may be a good step. We also recognize that letting go of someone you love is not easy. We encourage you to think about your own values, communicate your feelings and suggestions with your friend, and make an informed decision about what you'd like to do! Please feel free to reach out to an advocate to discuss further if needed!

### **Estrella Middle School**

#### **Q: Why is it so hard to love yourself?**

A: Focusing on the things we love about ourselves can be one helpful way to lift your 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. I recommend watching the following video on daily affirmations: <https://www.youtube.com/watch?v=Cgw8OFVHzd4>. 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.

If someone is putting you down and you can't avoid spending time with them, it's important to make sure that the voice in your head is being kind since those around you are not. If you still have it, take your Hello I Am sheet and orange Post It note (three things you like about yourself) and keep them somewhere that you see everyday to remind yourself of the things that you like about yourself. Remind yourself that the negative things others say about you are not true and keep yourself busy doing things you enjoy! Focusing on the things we love about ourselves can be one helpful way to lift your 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. We are here to support you as well, please feel free to text/call the number above!

#### **Q: I feel like sometimes... when I have downs in life I feel like its gonna be that way forever.**

A: First off, we want you to know that you are not alone. Sadness is a natural emotion, and we all feel it at times. Some red flags that you may actually be experiencing depression include: Loss of interest in activities previously enjoyed, withdrawal from friends/family, and sleeping too little or in excessive amounts. If these symptoms are present for more than two weeks for most the day, 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. You can contact them at the number above.

School social workers and counselors are a great source for information on dealing with depression. We also highly encourage you to get involved in one of our weekly support groups. Some group benefits include: Peer-to-peer connections, effective self-care/coping, increased self-esteem, and increased healing. BLOOM365 advocates are also always available by texting or calling the number above for a listening ear or if you would like additional resources.

**Q: What do I do if I don't feel safe around the boys in my class?**

A: No one should ever feel uncomfortable or unsafe at school. We encourage you to speak to your teacher or a trusted adult on your campus to see how they might be able to support you and address this situation. If you would like an advocate to assist you, please feel free to text/call the number above.

**Q: How do you keep your self-esteem in a relationship? How do you give yourself enough love while giving your boyfriend or girlfriend enough love without forgetting to love yourself?**

A: Focusing on the things we love about ourselves can be one helpful way to build your confidence. 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 following video on daily affirmations: <https://www.youtube.com/watch?v=Cgw8OFVHzd4>. 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. It's important to have a healthy self-esteem when entering a relationship as we need to know how to love ourselves before we can truly know how to love another person. When you enter into a relationship, it's also important to remember what makes you happy. Additionally, it's important to know that in a healthy relationship, your relationship should be supportive of your self-esteem. We should continue to enjoy the things that makes us happy, even when we enter into a relationship with another person. A red flag that a relationship may be unhealthy is if your partner tries to break your confidence through humiliation or isolation from the things and people that make you happy

**Q: I heard that to be in a relationship you need to love yourself and the other person needs to love themselves to have a healthy relationship. Is that true?**

A: We believe that having a healthy self-esteem and being able to love yourself is important when building and growing healthy friendships and relationships. Insecurity can be a root cause for unhealthy relationships as it can sometimes cause people to bring others down in an attempt to feel better. When we have a healthy self-esteem, it can be much easier to have relationships that exhibit trust, love, and emotional respect rather than jealousy, isolation, or verbal/emotional abuse.