



Elephant in The Room Q & A
Sequoia Pathway Academy
Fall 2017

Resources:

BLOOM365 Advocate	Text or call 602-799-7017 for free, confidential support. Please allow up to 24 hours to receive an initial response.
BLOOM365 Hotline	Call 1-888-606-HOPE (4673)
Teen Lifeline	Text or call 602-248-TEEN (8336) for free, confidential support 24/7 relating to suicide, depression, bullying, or relationships
National Teen Dating Violence Hotline	Text "LOVEIS" to 22522 24/7
National Domestic Violence Hotline	1-800-799-SAFE (7233)
National Sexual Assault Hotline	1-800.656.HOPE (4673)

Q: Student

A: BLOOM365 Advocate

1st Period Questions

- 1) Why are we doing this?**

The goal of this program is to help provide you with tools so that you can have healthier friendships and relationships both now and in the future! Some important life-skills you also hopefully were able to build on during the doses are: Effective communication/"I" statements, conflict resolution, and how to be an upstander for social change. If you aren't currently in a dating relationship, this program is still relevant to you! Unhealthy relationships can still occur within friendships. This program applies to dating relationships and friendships in regards to dating abuse, sexual assault, gender-based violence, and even bullying.

2) Why are men standing rather than women?

This may be because more men felt comfortable coming forward about their experiences and their own behaviors during this activity.

3) What are some of the signs to look for in dating violence?

The red flag checklist on page 17 of your workbook is a good resource for recognizing some of the signs of potentially abusive relationship.

4) Why are women intimidated rather than men?

The goal of the step-up activity is to recognize that many of us have experienced these types of things, and that we aren't alone. Our goal was not to intimidate one group, but rather to recognize that both men and women can contribute to objectification and that both objectification and hypermasculinity can play out in various ways in our everyday lives. Statistically, women are victims more often than men which may be why more questions seemed to focus on the experiences of women.

5) How can I stop abusing drugs?

A good resource to reach out to is Terros Inspiring Change for Life at 602-685-6000. They offer primary care, outpatient and residential drug/alcohol treatment, recovery, and mental health services. The Substance Abuse and Mental Health Services Administration (SAMHSA) also has a National Hotline for those facing mental and/or substance abuse disorders. They offer services in both English and Spanish and their services are both free and confidential. If you call 1-800-662-HELP (4357), they can provide you with resources and information about local treatment facilities, support groups, and community-based organizations.

6) How do you know you're in a not strong relationship?

A healthy relationship is stemmed in equality and freedom and exhibits kindness, emotional respect, honesty, peace, and the other words seen in the center of the blooming flower. On the other hand, an unhealthy relationship is often stemmed in inequality and lack of freedom and may exhibit jealousy, intimidation, dominance, humiliation, physical violence, and/or any of the other words seen in the center of the wilting flower. Page 12 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.

3rd Period Questions

1) I feel like the questions are focused more on girls or lean to one gender.

The goal of the step-up activity is to recognize that many of us have experienced these types of things, and that we aren't alone. Our goal was not to focus more on women or girls, but rather to recognize that both men and women can contribute to objectification and that both objectification and hypermasculinity can play out in various ways in our everyday lives. Statistically, women are victims more often than men which may be why more questions seemed to focus on the experiences of women. Thank you for your feedback, though! This feedback will help us to improve this activity for future groups.

2) Is it rape if you rape the person raping you?

Consent is required each and every single time an act of sex is initiated whether this is in a long term relationship or not. An act is deemed as rape if a person is physically forced to have sex, if a person is threatened or manipulated into having sex, and if the person is unable to give consent (under the influence of drugs or alcohol). If you have any concerns about this matter please reach out to a trusted adult, school social worker, or a BLOOM365 advocate at the number above.

3) What do you do if someone is being picked on for being gay?

Bullying is one of the signs or symptoms of power and control. Someone bullies others in order to gain or maintain power and control over them. This need for power and control can come from many root causes including insecurity. If someone is being bullied and we are witnesses to that, the best thing we can do is speak up and speak out. This can look like confronting the bully directly (if it is safe to do so) or telling a teacher or trusted adult. The most important thing to understand is that we must do something. If you yourself are being bullied, we encourage you to tell a trusted adult.

Q: Student

A: BLOOM365 Advocate

1st Period Questions

7) Why are we doing this?

The goal of this program is to help provide you with tools so that you can have healthier friendships and relationships both now and in the future! Some important life-skills you also hopefully were able to build on during the doses are: Effective communication/"I" statements, conflict resolution, and how to be an upstander for social change. If you aren't currently in a dating relationship, this program is still relevant to you! Unhealthy relationships can still occur within friendships. This program applies to dating relationships and friendships in regards to dating abuse, sexual assault, gender-based violence, and even bullying.

8) Why are men standing rather than women?

This may be because more men felt comfortable coming forward about their experiences and their own behaviors during this activity.

9) What are some of the signs to look for in dating violence?

The red flag checklist on page 17 of your workbook is a good resource for recognizing some of the signs of potentially abusive relationship.

10) Why are women intimidated rather than men?

The goal of the step-up activity is to recognize that many of us have experienced these types of things, and that we aren't alone. Our goal was not to intimidate one group, but rather to recognize that both men and women can contribute to objectification and that both objectification and hypermasculinity can play out in various ways in our everyday lives. Statistically, women are victims more often than men which may be why more questions seemed to focus on the experiences of women.

11) How can I stop abusing drugs?

A good resource to reach out to is Terros Inspiring Change for Life at 602-685-6000. They offer primary care, outpatient and residential drug/alcohol treatment, recovery, and mental health services. The Substance Abuse and Mental Health Services Administration (SAMHSA) also has a National Hotline for those facing mental and/or substance abuse disorders. They offer services in both English and Spanish and their services are both free and confidential. If you call 1-800-662-HELP (4357), they can provide you with resources and information about local treatment facilities, support groups, and community-based organizations.

12) How do you know you're in a not strong relationship?

A healthy relationship is stemmed in equality and freedom and exhibits kindness, emotional respect, honesty, peace, and the other words seen in the center of the blooming flower. On the other hand, an unhealthy relationship is often stemmed in equality and freedom and may exhibit jealousy, intimidation, dominance, humiliation, physical violence, and/or any of the other words seen in the center of the wilting flower. Page 12 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.

3rd Period Questions

4) I feel like the questions are focused more on girls or lean to one gender.

The goal of the step-up activity is to recognize that many of us have experienced these types of things, and that we aren't alone. Our goal was not to focus more on women or girls, but rather to recognize that both men and women can contribute to objectification and that both objectification and hypermasculinity can play out in various ways in our everyday lives. Statistically, women are victims more often than men which may be why more questions seemed to focus on the experiences of women. Thank you for your feedback, though! This feedback will help us to improve this activity for future groups.

5) Is it rape if you rape the person raping you?

Consent is required each and every single time an act of sex is initiated whether this is in a long term relationship or not. An act is deemed as rape if a person is physically forced to have sex, if a person is threatened or manipulated into having sex, and if the person is unable to give consent (under the

influence of drugs or alcohol). If you have any concerns about this matter please reach out to a trusted adult, school social worker, or a BLOOM365 advocate at the number above.

6) What do you do if someone is being picked on for being gay?

Bullying is one of the signs or symptoms of power and control. Someone bullies others in order to gain or maintain power and control over them. This need for power and control can come from many root causes including insecurity. If someone is being bullied and we are witnesses to that, the best thing we can do is speak up and speak out. This can look like confronting the bully directly (if it is safe to do so) or telling a teacher or trusted adult. The most important thing to understand is that we must do something. If you yourself are being bullied, we encourage you to tell a trusted adult.