

# Nasar's Story

Nick has been bullying Nasar for the entire school year. One day at school, Nick trips Nasar in the hallway. He says it was an accident. Nasar turns and punches Nick, knocking him over.

Nick reports what happened to the principal. Nasar gets suspended from school for three days, and the police get involved.

Nasar does not return to school after the three days are up. You text him, and he says he never wants to go back to school. He is afraid he may get charged with physical assault.

Using the *Look, Listen, Link, Live*® model, answer the following questions:

- STEP 1: LOOK. What are the signs that tell you Nasar needs help?
- STEP 2: LISTEN. How would you approach Nasar to talk to him? What would you say?
- STEP 3: LINK. Where would you link Nasar for help and support?
- STEP 4: LIVE. How would you take care of yourself, and what suggestions would you have for Nasar?