

Gwen's Story

Gwen was assigned a female gender at birth and goes by the pronouns she/her, but she does not feel like a girl. She also does not feel that identifying as male fits her. She considers herself something different, outside of male and female genders. She has come to realize that identifying as non-binary fits best for her. ("Non-binary" is one term used to describe a gender identity that does not fall into one of these two categories: male or female.)

Gwen is being pressured by her family to conform to gender stereotypes and dress like a girl and wear makeup. Her mother keeps buying her clothes that do not express who she is, and Gwen refuses to wear them. Her mother has told her that she is an embarrassment to the family, and her father barely talks to her.

The stress is starting to wear on Gwen from constantly fighting with her parents. She is trying to be her authentic self, but she is being rejected and hurt by her own family. Her grades have dropped in school, and she is not eating.

You are friends with Gwen and have always been supportive of her and how she identifies. Gwen texts to meet you early before a cadet / JCR training activity begins. She looks sad when she shows up.

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

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