

Ken's Story

Ken is in grade 11. Mitchell is in Grade 12. Ken broke up with Mitchell on Facebook by changing his status to single.

Mitchell is hurt. Since the breakup, Ken has been trying hard to avoid Mitchell at school. Mitchell has been texting Ken non-stop, telling him he wants to talk to him and get back together. Ken keeps telling him to stop texting and to leave him alone. Mitchell ignores him and starts leaving notes in Ken's locker saying how much he loves and misses Ken and that he wants to be with him forever.

You heard about the breakup, and you stop by Ken's house to pick him up for hockey practice. He says he is not going. You smell alcohol on his breath. He looks really stressed.

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

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